



# Hot To Trot

By Susan Bratton



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## How To Supercharge Your Sex Drive

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# WHAT IS LIBIDO?

Libido is also called, "Sex Drive." Other words that describe libido include vitality, vigor, potency, and lust. Without a lust for life overall, your libido is dampened. The same drive that creates your sexual desire is the drive of general life force. When your life force is strong, you have a lust for life, more passion for living and more overall creativity. Libido and life force are two sides of the same coin.



Your libido is ruled by your health. If you have physical and emotional issues, they are tamping down your desire. Libido is not solely generated by your hormones. They play a role. Certainly for women, having enough estrogen keeps your genitals plump with a youthful resiliency. But testosterone is the king, queen and joker of the desire molecules.

Watch **Vitality: How To Have Enough Energy For Great Sex** with Dr. Tom O'Bryan

Testosterone is found in both sexes. And men give women a dose of

testosterone during kissing and intercourse. Not only are we symbiotic, but a man's semen also supports a woman's confidence, good moods, mental clarity and heart health.

# TWO SILENT LIBIDO DEPRESSANTS

The two issues that most heavily impact libido besides specific health issues such as diabetes, inflammation from auto-immune diseases, metabolic syndrome, heart disease, anxiety, and depression are the health of your gut microbiome and the need to detoxify your body from today's chemical-laden environment. Having high levels of hormones are only a part of what makes a person have a strong sex drive. A body full of toxins along with digestive issues are at the root of low libido.

Watch **Detoxing Hormone Disruptors** with Dr. Daniel Pompa

Toxins from the foods we eat, the air we breathe, the water we drink, our cleaning fluids, health and beauty aids and the environment in which we exist emit hormone disruptors. Three of the top silent hormone disruptors

Watch **Going Deeper Than Generic Diagnosis To End Suffering From Misdiagnosed and Improperly Treated Sexual Issues** with Evan Brand, Certified Functional Medicine Practitioner and Nutritional Therapist

that may be suppressing your natural hormone production are mold (mycotoxins), lead, and cadmium (heavy metals).

Trust me, if you're over 40 you need to detox for

optimal health. No one can escape the estrogenic effects of BPA's, soy, plastics, fragrances, food colorings, herbicides... the list of toxins in our

environment has hit a crisis point. Did you imagine my libido advice would start with detoxification?

In this modern age — to stay young and vital — you must eradicate these toxins that get stuck in the fat in your brain, bone marrow, and adipose tissue. Your body has accumulated all kinds of nasty environmental contaminants that are suppressing your immune system, exacerbating chronic diseases and wreaking havoc with your hormone production.

# DETOXING AND RESETTING YOUR GUT ARE KEY

However, before you can purge these poisons using specific digestive and cellular detoxification protocols, you must have your gut motility (daily pooping) and microbiome (digestion and production of hormones and neurotransmitters) working properly. The pesticides from the foods we eat and the antibiotics we've taken have killed off many of the strains of good bacteria in our digestion system. Women's health is further eroded by taking oral contraceptives, also known as birth control pills.

Watch **Better Contraception: Non-Hormonal Birth Control, PCOS, Endometriosis Options** with Dr. Jolene Brighten, ND, Author of *Beyond the Pill*

Lack of a wide variety of good gut flora combined with decreased stomach acid prevents your system from completely digesting your food. Bacterial, yeast and parasite overgrowths, also called pathogens, crowd out the good

Watch **Bugs Not Drugs: Heal Your Gut Microbiome To Improve Your Hormones** with Grace Liu, PharmD, AFMCP. Functional Medicine Practitioner, Founder, The Gut Institute

bacteria. Undigested proteins moving sluggishly through your alimentary system add to the dysbiosis.

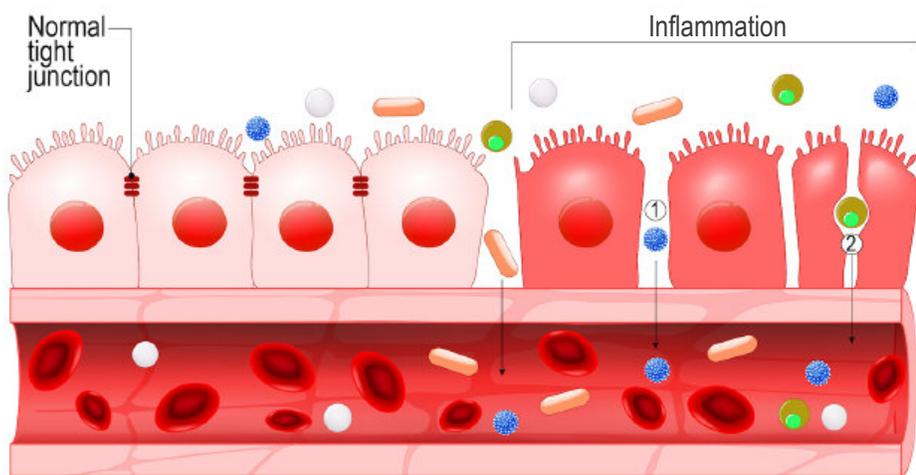
Dysbiosis is a term for a microbial imbalance.

Toxins have unzipped the villi that should be preventing your digesting food from leaking out of your intestines. Increased intestinal permeability allows bacteria, toxins, and undigested food particles to pass through the intestinal walls into your bloodstream. Studies have

shown that increased intestinal permeability may be connected to several chronic and autoimmune diseases like type 1 diabetes and celiac disease. A leaky gut makes you old, tired and depresses your libido.

The good news is that when a simple combination of specific enzymes and probiotics are taken over 90 days, you can reset your gut, immunity and sexual vitality. If you're a man suffering from erectile dysfunction or a woman with low desire and brain fog, restoration of the gut microbiome and opening detoxification pathways may be what's standing between you and a sizzling hot libido.

## LEAKY GUT



1. Paracellular

2. Transcellular

 Pathogens

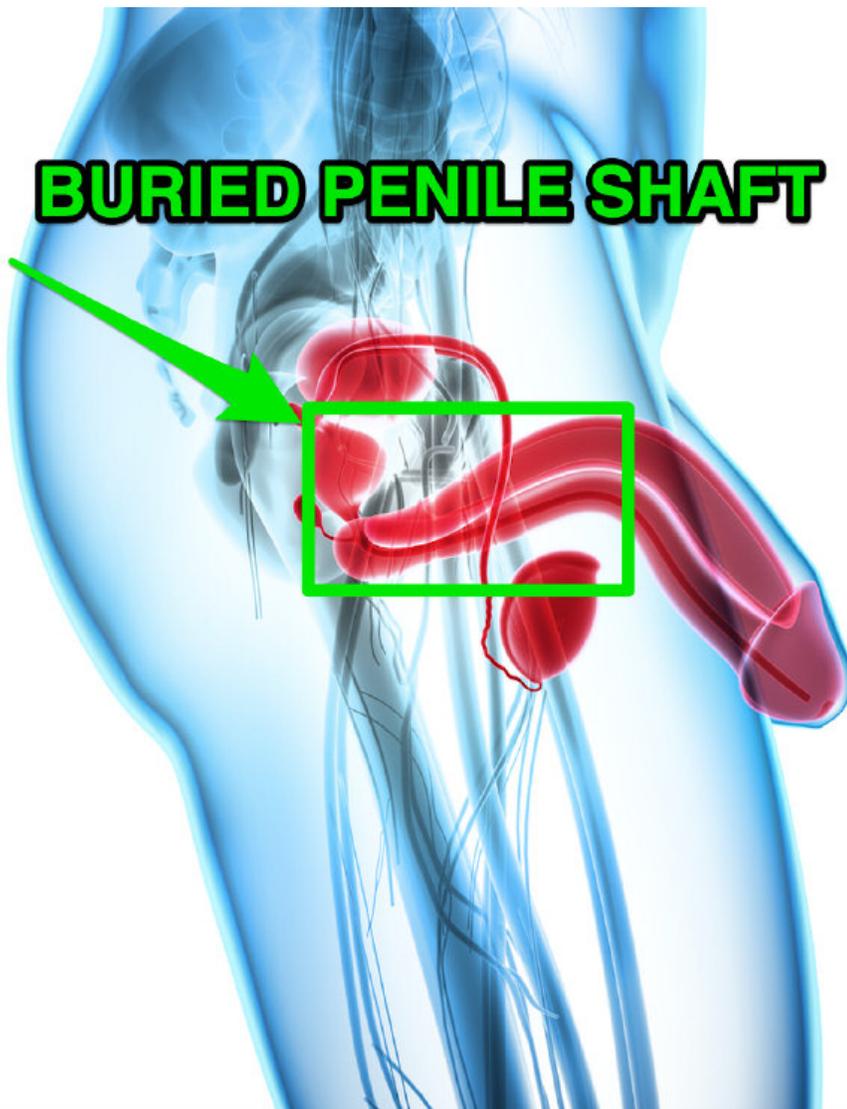
 Food allergen

# BLOOD FLOW IS CRUCIAL FOR DESIRE

Blood flow is also crucial to satisfying sex. Both men and women equally require good blood flow and energetic flow in the pelvis. A woman's genitals have as much

Watch **Top 10 Natural Medicine Solutions To Heal The Most Common Sexual Issues** with Dr. Michael Murray, ND, Author, *The Encyclopedia of Natural Medicine & Natural Foods*

erectile tissue as a man's. Women have all that tissue stored inside, whereas for men, half is on the outside and the other half is on the inside. Only 50% of a man's penis is external. There is another 50% of his penis that runs inside his abdomen.



# GENITAL ANATOMY AND LIBIDO

Understanding your genital anatomy is vital to having a good sex drive. Women are likely not getting the touch, pleasure, and sensation you require for climax without something called proper engorgement. Men are likely rushing their arousal and now

allowing full engorgement, which is one factor that often leads to premature ejaculation. One in four men of all ages reports an issue with premature ejaculation. Luckily, "PE" can be reversed using body-based techniques. Even better, you can use your breath, muscle-control and relaxation techniques to not only gain everlasting stamina, but to become a multi-orgasmic man.

Watch **Genital Anatomy Insights For Healing And Pleasure** with Sheri Winston, CNM, RN, BSN, LMT. Founder: Intimate Arts Center, Author AASECT Book of the Year, *Women's Anatomy of Arousal*

Watch **Harnessing Your Masculine Energy: Overcoming PE, DE, Anorgasmia and Achieving Male-Multiple Orgasm** with Jim Benson, International Tantra Trainer and Men's Sexuality Coach, *The Awakened Masculine*

Did you know that ejaculation and orgasm were two separate systems in the body? That's right. Just because you've combined them in your mind doesn't mean they go hand-in-hand. You can not only learn to

separate them... you can go on to connect your heart to your penis and become a multi-orgasmic man. Male energy orgasms trigger their female partner's orgasms such that the two of you become one ball of

ultimate pleasure... Nobody knows where his orgasm starts and hers ends. And this is all learnable. You just have to know it's possible. The penis is a truly amazing apparatus.

The glans of the penis and the clitoral head have highly concentrated nerve endings. The vaginal opening is sensitive to pressure because of mechanoreceptors. Most of the rest of the genitals have spongy tissue that fills with blood to increase pleasure and sensation. This spongy material is called erectile tissue. Men and women have the same basic parts arranged differently. For full satisfaction, both require that blood to fill up the erectile tissue during lovemaking.

It's obvious when a man's penis is filled with blood because he has an erection. There is more coming about erectile function. For now, let's go over the various components of female genitals. Then I'll explain how you can get the blood flowing deeply and fully into your genitals.

If the tissue all around a woman's vagina doesn't get enough blood to it from stimulation and arousal, she will struggle to orgasm. You can have a perfect environment for lovemaking and lots of sexual skills, but without engorgement, a woman may struggle to orgasm.

Women have as much erectile tissue in their clitoral structure and their urethral and perineal sponges as men do in their penises. The erectile tissue is inside her, but very near the surface. You can stimulate a woman's erectile tissue by knowing where it is and how it likes to be stimulated.

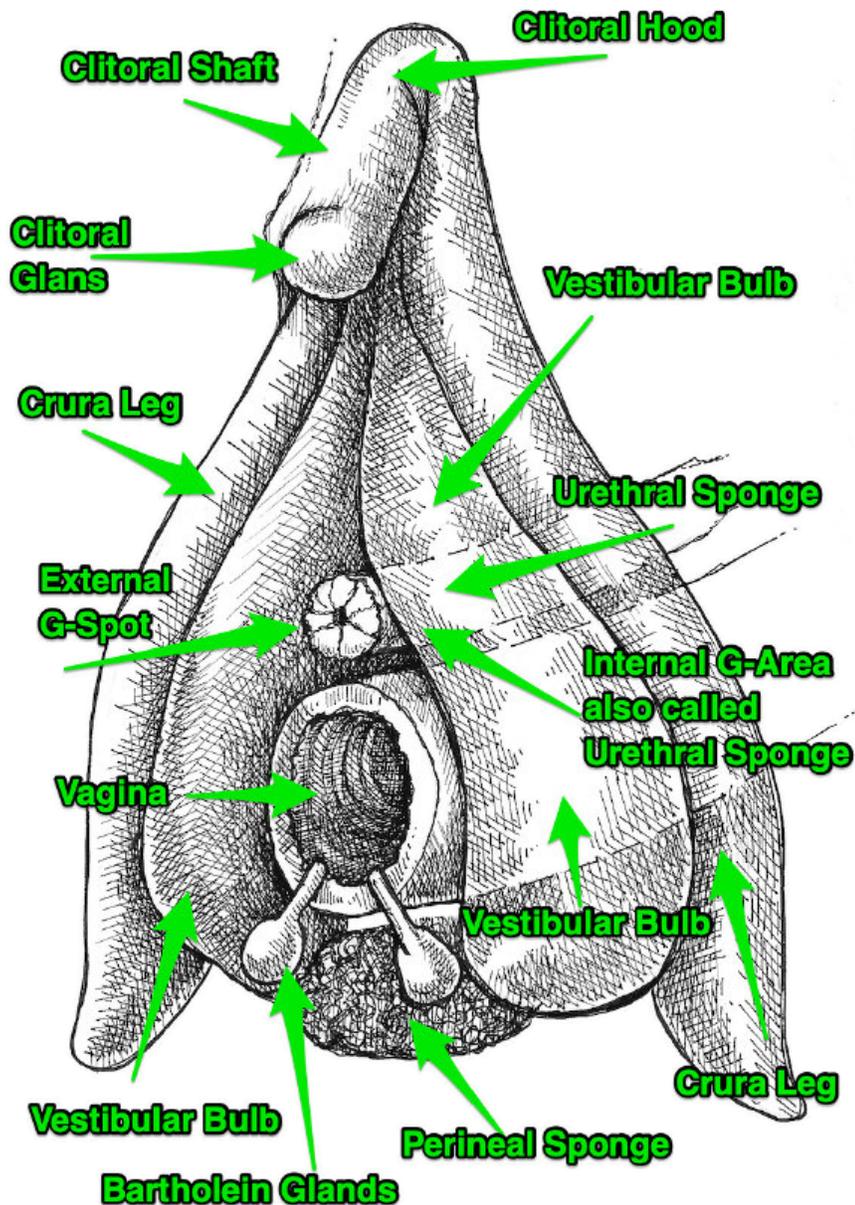
Just as a man gets more pleasure from being erect, a woman does too. Rushing sex, or not knowing how to stimulate her whole genital system means she's not going to have the intensity and volume of orgasms she's capable of having.

Women need a lot of tongue and hand stimulation to get that tissue full of blood. The blood carrying capacity is as important for women's pleasure as it is for men's pleasure.

Below are a series of pictures of a woman's genitals. You can see the clitoris, the shaft of her clitoris, her clitoral arms, and legs. In this picture, the urethral sponge and the perineal sponge are also shown. The vaginal canal is literally surrounded by erectile tissue. The skin on the mons pubis and the inner and outer labia is also able to blossom with blood flow, making it all that more exquisite for pleasure.

# FEMALE GENITAL ANATOMY

## THE PARTS OF THE VULVA



For women without a partner and women who want to prevent or reverse vaginal atrophy, laxness, and loss of lubrication, frequent use of body-safe sex toys such as the [pulsator series from Fun Factory](#) give her internal tissue the stimulation it needs. In a survey of

40 women, daily stimulation for 15-minutes for one month reported 95% of the participants described, "an increase in the sensitivity of their vagina; 70% get in the mood more easily and many had more intense climaxes. 86% felt that sex with their partner was more relaxed and pleasurable."

The catchphrase for your genital health and pleasure over time is, "use it or lose it." A woman basically has a balloon that needs blowing up to experience her pleasure potential. As she works on engorging her tissues she will begin to achieve climax more easily, feel more satisfaction and become multi-orgasmic. If she receives massage and oral pleasuring to all this tissue over a series of days in a row, her vulva blossoms and plumps up. This makes intercourse divine, an otherworldly experience. As well, enjoying orgasms strictly from intercourse, even without clitoral stimulation is simply a learned skill. We are taught procreation and contraception, but we are not taught lovemaking skills.

# OLDIES ARE GOODIES

Which brings me to the next facet of libido, which is that sex keeps getting better your whole life when you put your intention on learning about your body and sex techniques. Sixty and seventy-year-olds are having the best sexual experiences of any age when they've kept their bodies in good health. It's never too late to have the best sex of your life.

There's another common sexual misconception about which many people carry a grudge. Generally, people are under the assumption that everyone else got good sex advice from their parents while they did not. Many people bemoan how stoic their parents were and that they never received a sexual education within the home.

Watch **Now How To Talk To Your Kids About Sex** with Dr. Natalie Kringoudis, Doctor of Chinese Medicine, Acupuncturist, Author, Natural Fertility Expert

The truth is that only a tiny percentage of kids get much information about sex beyond simplistic anatomy and abstinence or contraceptive advice. Our parents were not educated in this way and it's actually your own responsibility to forgive your parents and take on the mantle of learning as you are doing now.

# KEEPING OURSELVES PLIABLE

In order to get to cruise into middle age and beyond as supple and resilient as possible, we need to oil our body like a machine. As we age, we dry up. Our skin benefits from the addition of collagen. Dr. William Davis, the NY Times best-selling author of *Wheat Belly* shares a recipe for making your own yogurt with a specific strain of probiotic *Lactobacillus reuteri* based on studies from MIT and elsewhere that exhibits, “a dramatic increase in skin thickness and skin collagen, along with acceleration of skin healing, a surrogate for overall youthfulness and health.” He says adding exogenous (from outside your own body) collagen amplifies the positive effects. I recommend adding the [Organixx brand of collagen](#) to your food or smoothie daily. The yogurt can go right into your smoothie as well.

Watch **Undoctored: Strategies For Taking Back Your Personal Healthcare** with Dr. William Davis, MD, FACC, Cardiologist, Author #1 New York Times bestseller *Wheat Belly*

Research and Dr. Davis’ patient results documented increased oxytocin, reduced insulin resistance, increases in natural hormone production, thicker and more plentiful hair in many patients and substantial weight loss when combined with intermittent fasting. Other studies have demonstrated substantial weight loss, especially from visceral fat, increased muscle mass, and increased bone density (protection from osteoporosis/osteopenia).

“Put all these effects together—caloric reduction, increased skin health, increased bone density, fat loss, muscle gain, reduced insulin resistance, etc.—and you

have one of the most powerful anti-aging, youth-preserving strategies I have ever come across.”

Another way to oil the machine is to feed ourselves plenty of healthy fats such as avocados, nuts, seeds, and healthy oils like olive, coconut and avocado. Our brain is made of cholesterol. The more healthy fats we consume, the higher our cognitive function. According to one of the most acclaimed alternative doctors, Prof. Keith Scott-Mumby, “a major study in a [major \(prestige\) journal](#) has shown that cholesterol levels are not related AT ALL to cardiovascular risks.

And where blood carrying capacity is paramount for erectile function, blood circulation is what sends the blood to our genitals. Getting your 20 miles or 30 kilometers of steps a week is vital. Keeping your blood moving keeps your body going.

Moreover, we can keep our genitals springy by using healthy fats for sexual lubrication. If you wouldn't put it in your mouth, you should not put it on your genitals. A woman's vaginal mucosa is similar to the tissue in her mouth — highly absorbent.

Just as your skin absorbs toxins, your vaginal and rectal tissue are like sponges. Which is why using organic avocado, coconut, sweet almond, jojoba or other available edible nut oils are the best lubrication to use during sex.

Throw out those drugstore chemical bombs and get some organic oil. Use it liberally during lovemaking to lower your toxins and increase your tissue resiliency.

And while we're on the subject of what not to put on your vaginal mucosa, if you're administering bio-identical hormones intra-vaginally ask your compounding pharmacy to replace their standard carrier cream with organic coconut oil.

Watch **Hormone Management, Support, Replacement, and Monitoring** with Dr. Michelle Sands, Naturopathic Physician (ND), female health expert, Creator of The GLOW Protocol —

One of the most common carrier creams lists these ingredients: Water, ethylhexyl stearate, emulsifying wax, tocopheryl acetate, aloe barbadensis leaf juice, disodium ethylenediaminetetraacetic acid, sorbitol, cyclopentasiloxane, methylchloroisothiazolinone, and methylisothiazolinone.

SafeCosmetics.org says, "Methylisothiazolinone (MIT) and Methylchloroisothiazolinone (CMIT) have been linked to lung toxicity, allergic reactions and possible neurotoxicity. Full stop. Have your compounding pharmacist formulate your bio-identical hormones with organic coconut oil.

The great news is that bio-identical estrogen cream inserted in the vagina is one of the best solutions to painful sex when the mucosal tissue begins to thin with age. Though for some women, hormone replacement isn't enough and they still have pain from intercourse.

Now it's time to call in the big guns... let's talk genital rejuvenation.

# GENITAL REJUVENATION EXPLAINED

There are now treatments for both men and women to regenerate new tissue in the penis and vulva. The word vulva means the entire female genital system. The vagina is the sheath of tissue also called the birth canal. Saying vulva means we're talking about not just the inner canal, but also the labia and clitoral structure as well as the urethral tissue.

Some people are confused by the term vaginal rejuvenation. They mistake it for labiaplasty. Some women have discomfort with their large labia and have them trimmed by a plastic surgeon.

Watch **Luxury Concierge Doctor Tells All: How Health Minded People Turn Back Their Sexual Clock, Reverse Atrophy and Aging, Increase Sexual Arousal and Satisfaction, Grow More Hair, and Have Youthful Skin... Without Surgery** with Dr. Robyn Benson, Doctor of Oriental Medicine, BS Sports Medicine, Author

In this case, we are talking about renewing the tissue both inside the vagina as well as potentially outside where the labia majora and minora are located.

There are treatments to thicken the internal vaginal mucosa so that it becomes springy and resilient again. Internal vaginal treatments also can resolve incontinence, tone and tighten the vagina. External treatments can tone the labial tissue so it's plump and supple, rather than saggy.

Use of PRP or platelet-rich plasma from one's own blood can also be injected into the clitoris, vagina and urethral sponge to increase sensation and orgasmic response as well as tighten and reduce incontinence, heal scars and improve the pelvic musculature.

Watch **The P Shot and the O Shot** with Dr. Charles Runels, Board-Certified Internal Medicine, Inventor P Shot, O Shot

Stem cells are also being used to solve these female issues as well as to reverse erectile dysfunction in men.

Watch **Stem Cells To Reverse ED** with Dr. Mark Bieri and Dr. Elias Said, CaverStem and GAINSWave Practitioners

The GAINSWave treatment and PRP shots combined with every-other day use of a vacuum erection device (also called a penis pump) are the gold standards for penile rejuvenation, reversing erectile dysfunction and atrophy that comes with age or illness.

Penis pumps are used successfully by men all over the world for reversal of atrophy, support with erectile dysfunction and for enlarging penile dimension. Pumps are FDA-approved for ED. Pumps work.

Men are reporting great success in America from this combination of treatments. GAINSWave is expanding internationally, much to the delight of men in Europe and Australia.

Anyone with stubborn erectile dysfunction or reliance on PDE-5 inhibitors can rely on GAINSWave treatments to fix their problems. Stem cells now are working for the large majority of what have been intractable erectile dysfunction issues.

For those with prostate concerns, there are natural methods to avoid BPH, prostatitis and prostate cancer now coming to the fore.

Watch **The Prostate Penis Connection: Natural Methods To Fix Both** with Dr. Geo Espinosa, Author, Thrive, co-Author, Integrative Sexual Health

Watch **Urologist Explains New Techniques For Stronger Erections In Simple Terms** with Dr. Judson Brandeis, Board-Certified Urologist and Director of Clinical Excellence for GAINSWave

What used to be a death-sentence for one's sex life is now fixed with a series of simple treatments. That goes for hair loss too.

# THINNING OR BALDING

Generally, women's hair thins, while men go bald. Both balding and thinning can be halted or reversed with hair restoration and preservation treatments. The best for thinning hair is the low-level laser light therapy from Capillus. The laser hat, with its array of lights that stimulate hair growth, prevent hair loss and thicken existing growth is another fairly new technology having tremendous success. The Capillus is an FDA-approved device for reversing hair loss.

In cases where balding has gone too far to be reversed with a Capillus, there is the option of hair transplants. Significant progress in techniques and outcomes has been made in the last decade. Hair from the lower back of the head is harvested and replanted in the bald spots. Done soon enough, it's undetectable and lasts for the rest of one's life.

**Sexual Vitality Special Offer.** Take 15% Off every model of the renowned Capillus Low-Level Laser Light Therapy Cap for men and women.

Watch **Hair Preservation and Restoration** with Dr. Shelly Friedman, DO, Board-Certified Hair Restoration Surgeon, Founding President, American Board of Hair Restoration Surgery Medical Advisor, American Hair Loss Council

# SAY WHAT?

One other annoying factor of aging is hearing loss. According to Dr. Jonathan V. Wright, Linus Pauling Award Winning Author and Inventor of modern day bioidentical hormone replacement says, "Aldosterone is a hormone that can reverse hearing loss in many people. When aldosterone helps restore hearing, improvement usually occurs within the first two to three months. A few have literally heard improvement within just two to three weeks.

Watch **Research Substantiates Why Hormones Are Good For Your Brain, Bones, Heart and Libido** with Dr. Jonathan V. Wright, inventor of modern day bioidentical hormone replacement

Aldosterone therapy is sometimes capable of restoring a significant degree of hearing even years after the hearing loss initially occurred. So far, the longest interval we've witnessed happened to an 87-year-old man who'd lost significant hearing at age 74, thirteen years before. Aldosterone helped him to hear significantly better again!"

Are you beginning to see how much progress is being made in anti-aging and longevity? There are more centenarians now than in the history of the world. The smart ones will be having great sex until the day they pass on.

You've heard that the number one factor to longevity is having a happy relationship. According to the Harvard Study of Adult Development, one that spans nearly 80 years, finds that "how happy we are in our relationships has a powerful influence on our health, says Robert Waldinger, director of the study, a

psychiatrist at Massachusetts General Hospital and a professor of psychiatry at Harvard Medical School. "Taking care of your body is important, but tending to your relationships is a form of self care too. That, I think, is the revelation."

# EMOTIONAL SELF-CARE

What if you've suffered emotional trauma? Perhaps physically you are fit. But emotionally you get triggered or feel shame about your sexuality? You're not alone. The great majority of humans on earth today have experienced some sort of cultural or religious repression, sexual abuse or even trauma from medical procedures. Add to that the traumas of childbirth, sexually transmitted infections, erectile issues and a big one... infidelity and betrayal and nearly everyone has some sort of issue to deal with.

Luckily, everyone has the innate ability to heal from emotional scars. Most often, the healing comes from a caring partner who eases us back to wholeness. But sometimes there is asymmetry in sexual appetite that plagues a couple for nearly their entire relationship. This creates a general lack of closeness, which leads to bitterness and frustration. It's important to follow the advice of psychologists and trauma specialists because of relationship dynamic variables. Know that every situation has a reasonable solution.

Sometimes it's a simple issue of rewriting one's libido story. In your head you've created a scenario of what has happened to you. In it you play the victim. And though you are a victim, it's actually forgiveness that is the key to get out of trauma jail. Forgiveness is not the same as reconciliation. You don't have to come to an agreement, or harmony with the person or situation that caused you harm. But you do have to

Watch **Rewriting Your Libido Story** with Dr. Keesha Ewers, Psychotherapist, Doctor of Sexology, ARNP, Functional Medicine Doctor

forgive and let it go to get back to your true essence of the person you were before you were hurt. You can go from survival to sexually thriving.

Part of what helps you enjoy your sexuality more is releasing judgments you have about sex. We all have them from outside influences. Yet deep in your heart lies a willingness to expand beyond your limiting beliefs, your fears and ignorance. You

Watch **Releasing Our Judgements and Misunderstandings Around Sex and Our Bodies** With Lauren Brim, PhD, Sexologist, Author, *The New Rules of Sex*

can step into an expansive, confident, pleasurable sexual lifestyle... and it's easier than you think when you have the path laid out for you. You can be your own healer. And if you have a partner, they can be your support.

You must realize at this point in your life that you are the captain of your own ship. No longer can you rely on external forces, or your parents or community, or your partner to make things right. You are and always have been your own advocate. That goes for managing your own health care, your health metrics, and your biomarkers.

Watch **How to Heal Your Hormones (when your doctor can't help you)** with Misty Williams, Women's Hormone Health Advocate

# BECOME YOUR OWN ADVOCATE

It's up to you write down and track your metrics. Whether that is your current and target heart health, blood sugar, hormones, fat-to-muscle ratios, or genetic data, all are part of the good health equation.

More and more of us are taking our own health care metrics, or biomarkers on as our personal responsibility.

Watch **The 6 BioMarkers To Track Sexual Potency** with Dr. Myles Spar, clinical faculty UCLA and University of Arizona.

The 6 BioMarkers To Track Sexual Health:

- Cardiovascular
- Blood Sugar
- Stress
- Hormones
- Bone Health & Lean Body Mass
- Genetics

(All of the specific tests are outlined in the video.)

Specifically for men, a Penile Doppler Ultrasound is recommended before going in for a series of GAINSWave treatments and PRP Shots. It's good to benchmark your before and after GAINSWave treatments so you can measure the improvements. Remember to use the vacuum erection device with your GAINSWave treatments and PRP Shots.

From a hormonal perspective, there is a difference between standard of care and optimal care. Your hormone levels might fall into the average range... but average may not be enough for you to feel good. Being your own medical advocate and insisting on the hormone replacement you need and producing more of your own hormones naturally to feel great is the only way to deal with a typical medical system.

# HOW TO AVOID AND MANAGE STI'S

And that goes for safe sex testing. It's up to you to know which Sexually Transmitted Infection STI tests to get, how often to test, and how to have the safe sex talk with a prospective partner.

And if you have herpes, either HSV1, HSV2 or both, don't let them prevent you from having the intimacy that you deserve. There are

inexpensive supplements that will improve your immune system's ability to keep the virus at bay and limit viral replication. We know so much more about viral management in today's day and age. Anyone who is embarrassed about herpes need not be anymore.

Watch **Sexually Transmitted Infections: How To Prevent and Manage Bugs, Bacteria and Viruses** with Carol Queen, PhD, Sexologist, Activist, and Author of *The Sex & Pleasure Book*

# ENLIGHTENED MENOPAUSE

How did we get nearly to the end of a book about sex drive without a discussion of menopause? Isn't the change of life supposed to ruin your libido? Aren't you supposed to dry up like an old crone?

Nope! Not in your lifetime.

You can sail through menopause with grace and learn from the experience. This is the stage of life where you get to slow down and smell the roses... between the sheets. Midlife is the time for Tantric pleasure... The time for deep breathing to ignite your pleasure potential... The time for deep, soulful, passion.

Watch **Enlightened Menopause: Why "The Change" Is Your Biggest Teacher** with Luba Evans, MS, Tantra Trainer, Dating and Relationship Coach

By the time you hit menopause you are willing to stand for your own pleasure.

You are finally able to stop worrying about how your

body looks naked. It's the time when you realize how precious passion is and that you can begin to cultivate the next chapter in your sexual story.

# ENDING ANORGASMIA

And if orgasm has been elusive for you as a woman... it's about to come easily. Because like every aspect of sex, orgasm is a learned skill. Every woman is capable... immensely capable. The female body is extraordinary in its ability to experience climax from a myriad of stimulation.

If you haven't yet had an orgasm, your time has come. If you have struggled to have one, you're about to become multi-orgasmic. If you have been multi-orgasmic you are now going to learn new ways of achieving this divine state of being. All you need is inside you now.

Watch **Ending Anorgasmia: Discovering Your Orgasmic Potential** with Xanet Paillet, Sex and Intimacy Coach, Author, *Living An Orgasmic Life*

# SUMMING UP SEXUAL VITALITY

Now you know that pretty much every “sexual issue” can be fixed or worked around. That libido isn’t just about having enough hormones. That you must have a healthy working digestive system and regularly clean out the toxins we all pick up from living in today’s modern world.

If you’re going to work on one area of supplementation it would be increasing your blood flow. And that getting your body moving is crucial for happiness and pleasure.

You’ve learned how fascinating our genitals are and that we need to constantly fight against atrophy by massaging the tissue. Plus you have access to genital rejuvenation treatments such as CO2 lasers, RF devices and shockwave treatments such as GAINSWave. At the same time you can also turbo charge your genitals with PRP and stem cells... And that you can put these into your hair as well!

You are one of the special people who takes into your own hands your sexual wellness. You are your own advocate, tracking your own metrics including your STI tests if you’re single.

You know that you can “learn” how to have more orgasmic pleasure, and that menopause is just a new chapter in your sexual evolution.

You have options, plenty of them. Today has been a great day for increasing your sexual vitality.

Go get `em tiger!

## ABOUT SUSAN BRATTON

Trusted Hot Sex Advisor To Millions 

**Susan Bratton is a champion and advocate for all who desire passionate relationships.** Considered the “Dear Abby of Sex,” Susan’s fresh approach and original ideas have helped millions of people of all ages and across the gender spectrum transform sex into passion.



Married to her husband Tim since 1993, Susan is an author, award-winning speaker, and serial entrepreneur who teaches passionate lovemaking techniques to her fans around the world. Susan has been featured in The New York Times and on CNBC and the TODAY show as well as appearing on ABC, CBS, The CW, Fox, and on NBC as the “Marriage Magician.”

Susan is Chair Emeritus of the ad:tech conference; she was both the CMO and a member of the Board of Directors for an Anthony Robbins tech start-up as well as serving on numerous boards throughout her career. In 2009, Susan was honored as a “Silicon Valley Woman of Influence” by The Business Journal and as a “Top 10 Internet Pioneer” by AdAge Magazine. In 2010, she was bestowed the Lifetime Industry Achievement award by dmg World Media.

Susan's straight-talking, fearless approach is rooted in her personal experience of watching her sex life wither while she and her husband pursued dynamic careers. When their relationship hit a crisis point, the couple made a fierce commitment to do whatever it took to keep their family together and revive the passion in their marriage. Today, she and her husband have the kind of dream relationship most people long-since stopped believing is even possible—until they discover Susan's teachings.

Susan is CEO and co-founder (with her husband) of Personal Life Media and their newest nutrition and supplement company, The20.com. Susan has authored 28 books including [Relationship Magic](#), [The Passion Patch](#) and [30 Romance Tricks That Work Like Magic](#), as well as her International #1 Amazon best-seller, [Sexual Soulmates: The 6 Essentials for Connected Sex](#).

She has also created and published numerous online courses including her wildly popular Revive Her Drive and Steamy Sex Ed® DVD Collection, as well as programs such as [Seduction Trilogy](#), [Expand Her Orgasm Tonight](#), [The Multi-Orgasmic Lover for Men](#), [Female Liquid Orgasm](#), and [Keep Her Coming](#).

The Brattons have applied their deep insights into sexual health to create The Sexual Vitality Summit, a line of libido supplements and an energy bar for libido using fact-based research and ancestral wisdom through their new company, [The20](#).

Millions of couples and singles have been touched by her TV appearances, and [Better Lover YouTube channel](#). Through her Insider's Club newsletter at

[Personal Life Media.com](http://PersonalLifeMedia.com), Susan gives away, free of charge, countless MP3 audios, videos, articles, and ebooks.

Susan believes that shame-free, frequent sexual pleasure is every man and woman's birthright:

*“After 26 years of marriage, I know from experience that deep, passionate intimacy with my partner is priceless: a priority that tops my list of must-haves alongside good health and the love of family and friends. I have made it my mission to aid anyone who wants the kind of lovemaking that improves with age.”*

She and her husband split their time between their home on Mt. Tamalpais in Mill Valley, California and their cozy beach shack in Encinitas with occasional trips to far-off lands to visit their globe-trotting daughter.