



28 Days of Eros

Frequently Asked Questions
about Sex and Sexuality

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eros
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Content Page

Day	Title	Page
	About this E-book	
1	What's the best way for someone who has been out of the dating scene for some time to get back in the game?	3
2	Is too much masturbation bad for you?	3
3	How can singletons out there make themselves more sexually attractive to the opposite sex?	3
4	What are some tips on the ways a guy can impress a girl with the perfect Valentine's Day dinner date?	4
5	Do aphrodisiac foods really work?	4
6	What is the most powerful sex organ?	4
7	How can I satisfy a woman in bed?	5
8	How can I increase my sensitivity when wearing a condom?	5
9	Do I still need to use a condom if she is on birth control pills?	5
10	Is it safe to use flavoured condoms?	6
11	Is it true that sex can actually give some people a headache?	6
12	What is 'afterplay'? Is it important?	6
13	Can one tell the size of a man's penis by measuring certain other body parts?	7
14	How should I best stimulate her breasts and nipples?	7
15	She spent the night. What do you do the next morning?	7
16	I heard men lose protein after sex. Do guys need to take a protein supplement to replenish this loss?	8
17	I think I have premature ejaculation. What should I do?	8
18	Is it true that the bigger the penis, the better?	8
19	I can't go down on him! It is unhygienic, isn't it?	9
20	How is it that my guy doesn't last all night in bed?	9
21	I am as good as dead if I cannot have an erection. What should I do when that happens?	9
22	How important is sexual intimacy in a relationship?	10
23	We have two kids and have no time for sex. What should we do?	10
24	I am gaining weight due to working so much. Now I feel sexually insecure. What should I do?	10
25	Does the G-spot exist for women, and if yes, where?	11
26	I heard that men also have a G-spot. Is it true?	11
27	Can females ejaculate during sex?	11
28	Why do men usually just orgasm and ejaculate once?	12
29	Can men enjoy multiple orgasms? How?	12
	Keep in touch	13

About this E-Book

Dear Reader,

Thank you for purchasing to *28 Days of Eros: Frequently Asked Questions about Sex and Sexuality*.

The idea of this first e-book *28 Days of Eros* came as I developed daily lessons as part of my online project celebrating love, romance and eros in the month of February called *Febulove* in 2011. Now in its second year, I am pleased to move onto frequently asked questions.

I see my life purpose as one to inspire and educate people to develop positive attitudes and beliefs about themselves and their sexuality. I hope that you get several delightful 'a-ha' moments going through this e-book.

If you like it, drop us an email to let us know your feedback! It could benefit other readers.



Warmest regards,

Martha

Clinical Sexologist

Welcome to the Eros Question of the Day.

***Question 1:* What's the best way for someone who has been out of the dating scene for some time to get back in the game?**

Take time to figure out who you are and what you are all about, such as listing a personal inventory of goals, lifestyle priorities, what works and what won't. You want someone who is the best fit in terms of lifestyle, temperament, and connection.

On a date, relax and let the real you shine. Smiling and enjoying the moment is contagious and before you know it, you will both be at ease with the situation. Focus less on whether or not romance will bloom and pay attention to who the other person really is and what makes her tick. Ask questions and listen with genuine interest. The more you know about the other person, the better you can determine if you would like to go on another date.

The first person you meet will probably not be the one; however, in the event that she is, do not scare her off by being too serious too soon. Give yourself the opportunity to meet new people. Know that even if the date doesn't work out there is still something to learn from the process. Have fun!

***Question 2:* Is too much masturbation bad for you?**

All human beings are born sexual and there is no limit placed on the frequency of sexual encounters humans can engage in, including masturbation (which is a good thing). Masturbation is perfectly healthy and an important part of sexual health.

Like all sex, masturbation is related to our physical, emotional, psychological, social, and even spiritual state. Be aware of your body – watch for signs of soreness or sensitivity, and slow down if needed. If your masturbation is causing you continued distress, pain, or feels compulsive, you might want to talk to a qualified sexologist.

***Question 3:* How can singletons out there make themselves more sexually attractive to the opposite sex?**

Do inner work. The more you learn about yourself, what you stand for, and what is important to you, the more you come into your 'being' or power. You can only be a wonderful lover or attractive partner when you are a wonderful and attractive person yourself.

Consider taking a dance class. It goes a long way towards you being and becoming more comfortable with your body. This not only helps keep you flexible and healthy, but can also aid you in being more sexually attractive to the opposite sex. For the ladies, I advocate taking belly dance classes such as from Belly Dance Discovery <http://www.bellydance.com.sg/>.

***Question 4:* What are some tips on the ways a guy can impress a girl with the perfect Valentine's Day dinner date?**

Generally, women's sexual fantasies tend to be filled with romantic interludes. The whole works would mean: the perfect venue for that perfect date – a five-star hotel, an elite restaurant, or even a yacht; reservations; elements of ambiance such as candles, flowers, music or musicians; and the icing on the cake would be a thoughtful gift.

If a traditional dinner date doesn't appeal to either of you, there is the option of staying home. It can be extremely rewarding and meaningful to prepare a special evening just for her. Besides cleaning your place, you could make her a card, pen her a letter, or better yet, present her with poetry. In it, you can tell her how special she is to you, relate memories that you often think about, and all of the things that you can remember that the two of you have done that makes you feel loved. Next, put on your apron and cook a full three-course meal – appetizers, entrees, and desserts. After dinner, the rest of the night is yours to enjoy!

***Question 5:* Do aphrodisiac foods really work?**

Aphrodisiacs are substances that supposedly enhance erotic perceptions and sexual performance. In virtually all societies, people have sought such agents and have attributed magical or powerful properties to unusual substances, like ground rhinoceros horn. It is controversial whether any single substance has singular and specific effects in enhancing sexual arousal and orgasm. Whether the effect is real, minimal, or non-existent may well be a self-fulfilling prophesy.

An agent that effectively stimulates sexual interest and response is not the same as an agent that non-specifically lessens inhibitions. An example is alcohol which is probably the most available mind-altering agent and is often reported to lessen inhibitions and enhance sexual feelings. The assumption is that alcohol is relatively safe, yet it affects people in different ways, with different individuals having different tolerances. So far, there is no herb or magic potion has been proven to be a true aphrodisiac. Don't take my word for it – experiment for yourself and let me know how it goes!

***Question 6:* What is the most powerful sex organ?**

Your mind is your most powerful sex organ, and your skin is your largest one! The brain programs our sexual functionality, our reproductive behaviour, and sets the boundaries of our sex drive. Hence, it has the potential to be our most powerful tool for accessing better, mind-blowing (literally!) sex. This applies for both men and women.

We can use our minds to fantasize about anything – even the impossible or seemingly unattainable. Fantasies are healthy and normal as long as you can separate them from reality and accept (and sometimes appreciate) that you may not be able to fulfil them. For many, fantasies should remain that way they are – fantasies – as reality creates potential for letdown.

Question 7: How can I satisfy a woman in bed?

This is the million-dollar question, isn't it? I have one answer: communicate. Each woman can be extremely different in terms of what she likes or does not like as compared to other women. Do not just do the same thing you did with your old girlfriends and assume it should, or worse, must, work.

Discuss openly and honestly with your partner about her sexual desires and needs. Ask directly for how and in what ways she would like to be touched. When you come across as sincere and open-minded, it will encourage her to speak up. Besides that, there is being in the here-and-now when having sex with her; being sensitive to subtle body language signals; and being gentle. Most men go too hard, and too fast, because this is the way they like to be stimulated. This doesn't always work with women!

Question 8: How can I increase my sensitivity when wearing a condom?

Indeed, not all condoms are made the same. You want to get a condom that provides you with the best sensation without compromising on the protection. Choose a thinner condom. Learn about what feels good for you when wearing a condom. Do certain sexual positions feel better than others?

Also, you may try adding one or two drops of lubricant (not oil-based as they break down a condom!) on the penis before putting on the condom. Alternatively, you may wish to apply the lubricant on your partner before penetration for added sensation. Don't use too much though – it may be counterproductive.

Question 9: Do I still need to use a condom if she is on birth control pills?

The Pill is an effective method of birth control when used properly. However, it does not protect against HIV or other sexually transmitted diseases, which the condom can. Some women are prone to yeast and vaginal infections and condoms can ease related anxieties, helping to make sex even better.

Even couples in monogamous relationships I know of continue using condoms because of the convenience in cleaning up afterwards. There are so many types of condoms on the market – different sizes, textures and flavours – which are just as safe as the plain ones. I am certain you will be able to find the right one for you.

***Question 10:* Is it safe to use flavoured condoms?**

Some sexually transmitted infections can be passed on orally, so it's a good idea to put on a condom for oral sex. Flavoured condoms would be the same strength, and they have gone through the same rigorous testing as the normal condoms, so you shouldn't worry about safety at all.

There is a chance of the condom breaking or tearing if the girl is actually biting or chewing on the condom as part of the oral sex. It is a good idea to change the condom before vaginal penetration. In addition, flavoured condoms that contain sugar could throw off the pH level inside of a girl's vagina (leading to yeast infections), so make sure they are sugar-free!

***Question 11:* Is it true that sex can actually give some people a headache?**

Any type of sexual activity that leads to orgasm — including masturbation, oral sex, and intercourse — can trigger headaches. This is because of the tightening of the head and neck muscles during sexual activity. Possible causes also include over-exertion during sex, quick orgasm, and strenuous sexual positions.

People who frequently have migraines or other types of headaches are actually more prone to suffer from sex headaches. While both men and women have been known to get these types of pains during sexual activity, men are actually more likely to get sex headaches. If sex headaches are bothering you, seek help.

***Question 12:* What is 'afterplay'? Is it important?**

'Afterplay' refers to the gentle caresses, cuddling, kissing, tickling, bed fighting, chatting and joking that happens after sex. Falling asleep right after the encounter does not count as afterplay. You are both relaxed, full of endorphins and adrenaline, which are two hormones designed to make you feel good, so you should share and enjoy this time with each other.

This post-coital time is crucial to a woman, as she feels more connected and closer to you, and needs intimacy and closeness to complete the cycle. Honouring this time with her can elevate your status to that of a great lover. If you feel comfortable, remain naked with her during this time.

***Question 13:* Can one tell the size of a man's penis by measuring certain other body parts?**

There is a myth based on the premise that you can tell how big someone's penis is by measuring their feet, hands, or nose. There is no scientific proof that shows a correlation between body part size and penis size.

It is true that there are certain genes that control the development of the limbs which also control the development of the penis in the embryonic stage. Yet, when it comes to fully-developed males, there is no absolute relation between the size of the penis and the size of the limbs or other body parts.

***Question 14:* How should I best stimulate her breasts and nipples?**

Try to avoid anything that resembles a breast examination. The side of her breasts are areas full of nerve endings that are often under-touched. You may wish to approach her with a gentle caress from one side of her breast before moving to the other. She will only welcome focused touch when sufficiently aroused. Don't always go straight for the nipples.

Just like when you finger a woman, you want to warm the stove before you put anything in. Mix things up from soft stroking, squeezing (but not like an overeager teenager), licking, sucking (but not like an infant) and perhaps a nipple tweak

***Question 15:* She spent the night. What do you do the next morning?**

There is no reason to be any different from the wonderful person that you are just because the sex is over. Continue to be kind and considerate. You can offer her the use of your bathroom including a towel and spare toothbrush. Hold her, talk, and laugh.

If you are at all domesticated, make breakfast. Making the post-sex experience a pleasant one will make her come back for more. Remember to give a goodbye kiss or hug, and tell her how much you want to see her again – and mean it. Text her afterwards to make sure she got to her destination safely and continue flirting until you next meet.

Question 16: I heard men lose protein after sex. Do guys need to take a protein supplement to replenish this loss?

There are many ingredients composing semen. Here are a few of the constituent elements: vitamin C, calcium, chlorine, cholesterol, citric acid, creatine, fructose, lactic acid, magnesium, nitrogen, phosphorus, potassium, sodium, vitamin B12, and zinc. The average volume of ejaculate is around a half-teaspoon, of which there is actually very little protein – less than one gram.

Sex is a natural biological function. Your body will “replace” whatever it needs. There is no necessity to replenish “lost” vitamins and minerals. Your body is not depleted of anything after sexual activity. If you live a healthy life and eat a well-balanced diet there is no cause for concern.

Question 17: I think I have premature ejaculation. What should I do?

Premature ejaculation happens when a man ejaculates earlier than he would like to. It is also known as rapid ejaculation, rapid climax, premature climax, or early ejaculation. It is often perceived only in a negative way. You are a sensitive person and are actually MORE capable of experiencing multiple orgasms and full-body orgasms, after some practice, than other people. That is quite another topic, altogether, though!

To learn how to overcome PE, first, learn how to perform the Kegels exercise. These are the same muscles you use to stop the flow of urine while you're urinating. Also, recognise when you feel the build-up before you are about to ejaculate, and learn to slow down, or even stop, that build-up during sex with the help of a supportive partner. It is easier, though, to master this technique when you are masturbating by yourself.

Question 18: Is it true that the bigger the penis, the better?

This has to be the most well-known myth, especially since guys tease or insult each other about being small in size. The penis is a symbol of male identity, sexuality, and masculinity, which is why size is often fussed over among men. The notion that a larger penis equates to someone who is more masculine, which has in turn led men to think or feel that bigger is better, is basically immature.

The penises of Singaporean men average 3.5 to 5.9 inches in length. Most men's fall somewhere in between. Size has little to no relation to sexual performance. If he asks you if what you think of his penis, know that he is actually asking for reassurance. Encourage him to appreciate his body for what it is – healthy, functioning and perfectly normal.

***Question 19:* I can't go down on him! It is unhygienic, isn't it?**

There is a common misconception amongst women that the penis is unclean, smelly, or downright dirty. It goes without saying that a penis, circumcised or not, will be dirty if it is not washed. Yet, actually, the penis is an external organ, unlike the female vagina which is an internal structure, so the penis is more likely to be 'clean', all things considered.

The penis should be washed in the bath or shower just like any other part of the body, such as your armpits or your rectum. Just roll back the foreskin (if uncircumcised), wash the glans or head of the penis with soap and rinse it off with warm water.

***Question 20:* How is it that my guy doesn't last all night in bed?**

This myth would have you believe that if a man is not capable of maintaining a cucumber-hard erection and performing all night, he is an incompetent lover. Truth: Men typically reach orgasm 5–10 minutes after the start of penile-vaginal intercourse, taking into account their desires and those of their partners.

A good erection is dependent on how good the blood supply is to your penis. Therefore, men who have any kind of vascular problems have a higher chance of their erection being affected. Also, smoking affects the blood vessels making them less pliable and less compliant. Avoid smoking, fatty foods and cholesterol rich foods. Exercising and eating healthy are good things. Whatever affects the vascular system affects your erection.

***Question 21:* I am as good as dead if I cannot have an erection. What should I do when that happens?**

There are tremendous anxieties revolving around the hardness of the penis, as well as how long it stays that way. The assumption is that the man's penis is central to a woman's sexual satisfaction. Ironically, the penis is just a small part of what might be needed to have a wonderful sexual experience. Therefore, sex should be viewed as more than just penetration.

Orgasms are a very individualistic thing — there is no one correct pattern of sexual response. Whatever works, feels good, and makes you feel more alive and connected with your partner is what counts. Men should make their partner feel important, loved and cared for, and establish an intimate, emotional, physical, and mental connection, rather than focus on the tool.

***Question 22:* How important is sexual intimacy in a relationship?**

Intimacy is about the ability to share one's fears, dreams, and pains. It is about being connected, even from across a roomful of strangers. Sex without intimacy eventually becomes shallow and unfulfilling. Any kind of abuse – whether physical, emotional, physiological – does affect intimacy. Once the intellectual and emotional sharing in the relationship stops, intimacy and passion in sex will end soon after.

The deeper your intimacy is in your relationship the more explosive and satisfying the sex will be. When sex is explosive, it cements you to your lover in a very powerful way, opening the door for more intimacy. Intimacy and great sex feed each other.

***Question 23:* We have two kids and have no time for sex. What should we do?**

When we have to deal with the kids and the dishes and the laundry and a whole host of other urgent matters, sex sometimes goes to the back burner. Bringing it to the front burner can be challenging, but there are ways to do it. Communicate your concern about the lack of sex with your partner. Your partner probably feels the same.

Brainstorm about what would help, and pick one suggestion to implement. For instance, you might put on some clothes that make you feel sexy. If you can, catch a short nap. Ease into the mood by unwinding with a long bath, lighting candles, and burning essence oils. You may wish to caress yourself slowly and gently to prepare your body for sexual activity. Fantasize about being touched and held in the ways you best enjoy. Let go of expectations and be in the moment during lovemaking.

***Question 24:* I am gaining weight due to working so much. Now I feel sexually insecure. What should I do?**

As we age, a decrease in our physical abilities takes place and this leads to a decrease in our metabolic rate (the amount of energy used in a given period), which in turn contributes to weight gain. In addition, our body's composition and cardiopulmonary (heart and lung) function age, thus reducing our ability to work and exercise and lose weight. Genetics, muscle mass, gender, calorie consumption versus expenditure, and lifestyle are all factors in weight gain.

Are you eating unhealthily, or too much? Have you been plain tired from work, complacent (happy with where you are at physically), or lethargic (don't want to move)? You are more than just your body, and still that beautiful, amazing person you have always been. Express your desire to have a healthier lifestyle to the ones around you. Be creative about breaking unhealthy patterns and chains of habits with relation to food, couch surfing, and exercise.

Question 25: Does the G-spot exist for women, and if yes, where?

The existence of the female G-spot (named after Ernst Gräfenberg) is a controversy that rages on to this day. In early January, scientists at King's College, London, declared that the G-spot does not exist, so women need not feel inadequate. Three weeks later, a group of French gynaecologists launched a counter-attack on what they called a "totalitarian" approach to female sexuality.

The G-spot can often be felt by pressing on the interior front wall of the vagina with a finger or sex toy, and it may produce pleasurable sensations when stimulated. However, I also feel that these internal nerve endings are more sensitive for some women than others. Rather than be caught up with whether she is normal, or has a G-spot or not, it is important to remember that there is no single, best way to have sex.

Question 26: I heard that men also have a G-spot. Is it true?

The male G-spot is also known as his prostate gland. It is not in the anus but can be stimulated through the rectal wall. Approximately two inches in and facing toward his belly, there is a chestnut-sized gland just below the bladder and next to the rectum. After locating his prostate, you can stimulate it to see what he enjoys – whether it is continuous but consistent pressure, flicking it or using a sex toy that vibrates against it.

Some men experience intense orgasms when their prostate glands are stimulated. Others simply enjoy a great deal of pleasure while some men don't enjoy the sensation at all. Be gentle, and as with anything take your cues from his reactions. He will let you know by his movements and body positioning what he wants.

Question 27: Can females ejaculate during sex?

The female ejaculation is not a myth or circus trick. We have a bladder and paraurethral glands, both of which can and often do contain fluids. When we put pressure on those areas or the areas surrounding them, that fluid sometimes squirts out. This pressure can be due to how arousal expands things in and around our genitals, and due to actual pressure put by fingers, hands or anything else during sex. Women who do ejaculate do so due to extensive and targeted G-spot stimulus, internal and external clitoral stimulus, or – and most commonly – a combination of the two. However, this fluid is not urine, even though it's possible some elements of urine are in the mix, or that sometimes, women ejaculating are actually urinating. Having said that, not all women ejaculate, and even those who do, do not ejaculate all the time.

Question 28: Why do men usually just orgasm and ejaculate once?

Because of the hypersensitivity of the male penis immediately after ejaculation, most men would not feel a desire to continue with sexual activity. After a period of rest (refractory period), a man can choose to resume sexual pleasuring if he chooses to. Sex or orgasms should not be measured by how much ejaculate he has or how many times he can ejaculate in a session but by whether it *feels* good to him.

If he only wants to have sex once a day, then it's *his* decision. In short, men usually just orgasm and ejaculate once because they choose to. Likewise, some women stop sexual pleasuring after experiencing their first orgasm, even though they are supposedly capable of having multiple orgasms more easily than men, because they choose it. Sex should not be about performing or proving anything to anybody. It's about what feels *best* to us.

Question 29: Can men enjoy multiple orgasms? How?

Having multiple orgasms as a man doesn't mean learning to have several ejaculations in one session of sex. We need to understand that ejaculation and orgasm in men are two separate physiological and psychological experiences. When men learn to separate them, they can also learn to have more than one orgasm for each ejaculation. Ways include getting a better understanding of male sexual response, and learning to control ejaculation in order to experience greater sexual pleasure.

Taoist teachings on sexuality give explicit instruction for men on how they can experience multiple orgasms. One popular book is "The Multi-Orgasmic Man" by Mantak Chia and Douglas Adams. Western sex researchers have also studied this experience in men and found clear physiological evidence that it happens. Learning to have multiple orgasms takes a fair bit of time and practice. Having a series of non-ejaculatory orgasms isn't necessarily better or worse – just different.



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Eros Coaching is a sexuality and intimacy coaching company in Singapore which believes in the innate solutions we each already hold in achieving and enjoying a fulfilling, healthy and pleasurable life. Eros Coaching listens, informs, facilitates and empowers you to spread your wings.

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