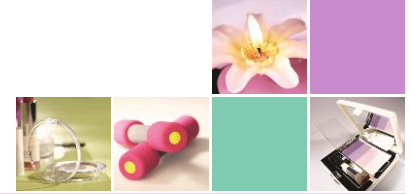


Raging, Pregnant, Sexual, Healthy Woman **for 3rd Regional Conference on Nutrition** **in Obstetrics & Gynaecology 2014**

In Kuala Lumpur
Sun 24 August 2014

Covering...



Effects of Pregnancy



What are Aphrodisiacs?



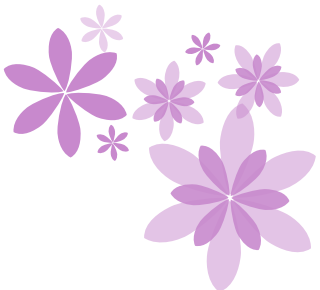
Aphrodisiacs Explored



What to do about LSD

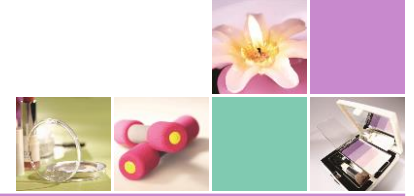


Sex after baby



Download slides here <http://tinyurl.com/mwy3dx3>

Pregnant...



May experience
morning sickness
and fatigue

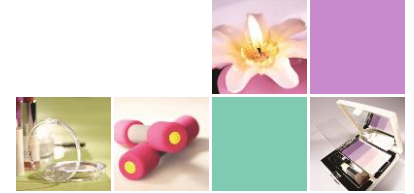


May experience
low sex drive due
to body image,
worries about
baby



Increased
amount of
progesterone
and estrogen

Pregnant...



May be more
emotional

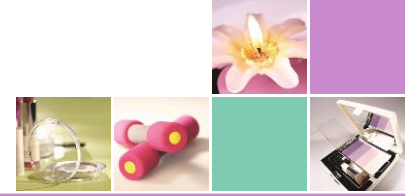


May desire more
cuddles and
emotional intimacy
rather than
physical intimacy



Increased
blood flow to
the pelvic
area

Pregnant...



Increased
sensitivity of the
breasts and
nipples

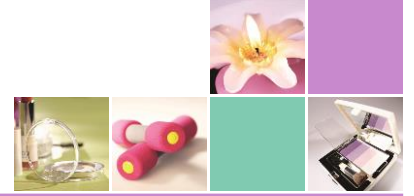


Increased vaginal
lubrication



Every woman
will experience
things slightly
differently

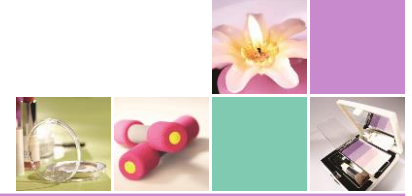
2nd Trimester...



Renewed energy and some relief
from that morning sickness

May become uncomfortable
because of size of uterus

Facts contributing to Libido

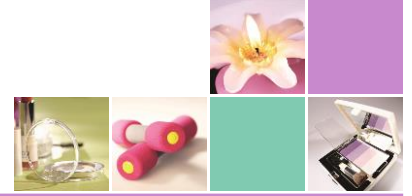


- ❖ Cardiovascular health
- ❖ Stress level and overall mental health
- ❖ Sleep quality and quantity
- ❖ History of sexual abuse
- ❖ High alcohol consumption or use of controller substances
- ❖ Diet and exercise patterns
- ❖ Infidelity
- ❖ Chronic conditions e.g. diabetes, anemia

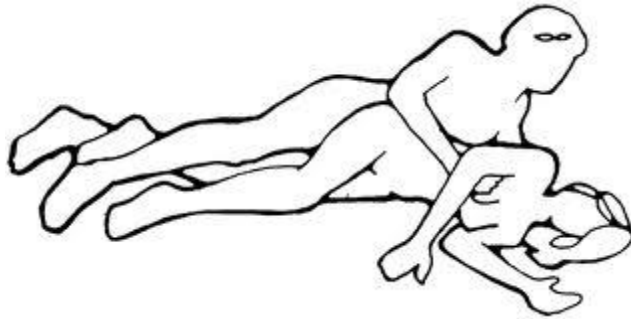
Source: O'Neill, B. E. (2005)
The Testosterone Edge,
Hatherleigh Press, p.12



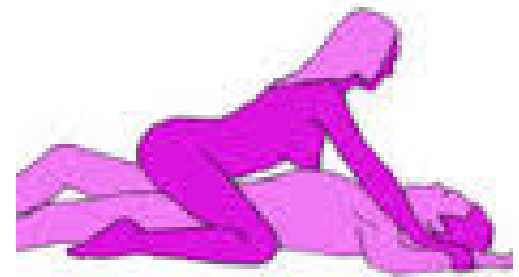
Positions when Pregnant



Side-lying positions



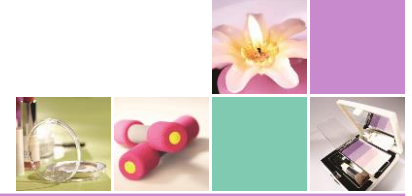
Woman on top



Man on top



Positions when Pregnant



**Rear entry - The
lap pose**

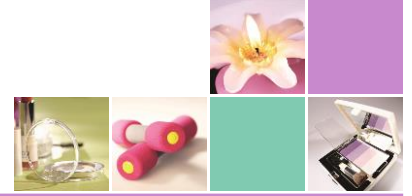


**Rear entry – The
Policeman**



**Rear entry -
The mattress
hold**

Aphrodisiacs

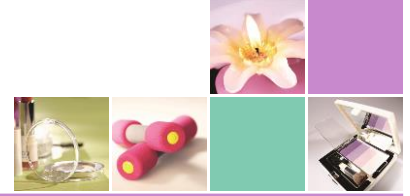


Aphrodisiacs can be classified into two categories:

- ❖ Look like certain body parts and therefore inspire erotic thoughts
- ❖ Feed specific organs and improve overall health to enhance erotic deeds.

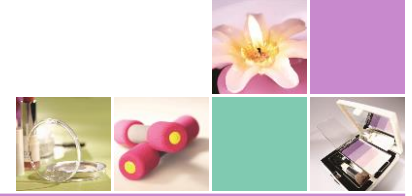


Good for you



As such,

- ❖ Fruits - Apples, apricots, bananas, blueberries, cherries, dates, figs, grapes, mangos, papayas, peaches, pears, plums, pomegranates, raspberries, & strawberries
- ❖ Vegetables - Avocadoes (long touted as a sex food in Spain), asparagus, carrots, celery, and cucumber.
- ❖ Seafood - Clams, mackerel, sardines, and salmon
- ❖ Meat - free-range lean meats and poultry



Asparagus -
High content
of Vitamin E



Avocado
Contains high
levels of folic
acid which helps
boost energy
levels

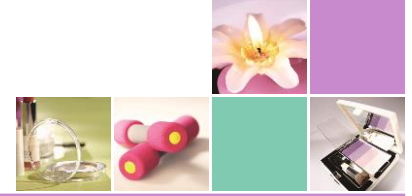


Avocado
High levels of
Vitamin B6,
folic acids and
potassium



Bananas
Rich in both
potassium and
Vitamin B

Food



Basil

Feel-good herb, helping produce a general sense of wellbeing



Cardamom

Natural alternative to Viagra



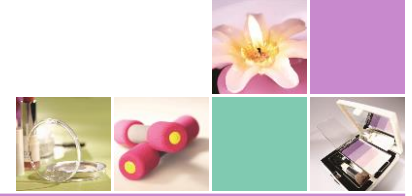
Celery

Rich in androsterone hormone which is released through perspiration by men and helps in turning women on



Cranberries
Vitamin C and Vitamin A

Food



Eggs

Rich in Vitamin B5 and B6 which are great in helping to fight stress levels



Figs

Rich in amino acids which are known to increase female libido



Flaxseed

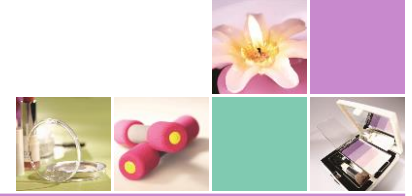
Best known source of alpha-linolenic acid



Garlic

Contains allicin which improves blood flow to the sexual organs

Food



Ginkgo

Treat fatigue,
sexual dysfunction,
enhances the
effects of nitric
oxide



Raw Oysters

High content of
Zinc that helps to
raise testosterone
levels in women or
even production of
sperm in men



Saffron

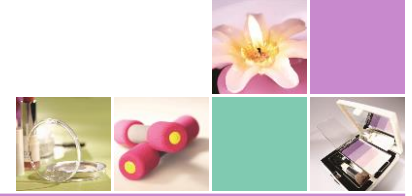
Enhancement of
“lust” via certain
neurotransmitters
that stimulate
libido or
erogenous zones



Vitamin E oil

when applied to
the vagina,
helps improve
lubrication

Food



Alcohol

Increase
arousal but
impede
performance



Almond / almond milk

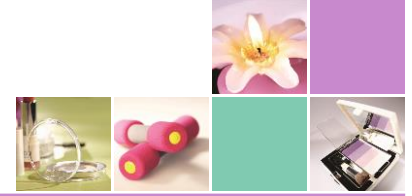
Contain omega-
3 and fatty acids
to help produce
testosterone



Apples Elevate moods



Artichoke Resemble the lips of a woman's vagina



Bean sprouts
Look like
sperm



Cinnamon
Warming
flavour

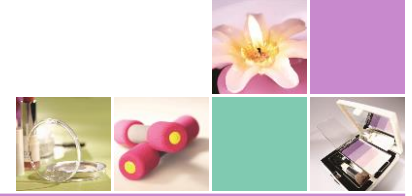


**Honey with
Figs**
3 figs with a
teaspoon of honey
then 1 hour later,
drink a glass of
Mango Lassi



**L-Arginine
(Arginine)**
Amino acid the body
needs for many
functions, like
boosting immunity

Food



Maca root
from the
Andes



Muirapuama
from Brazilian

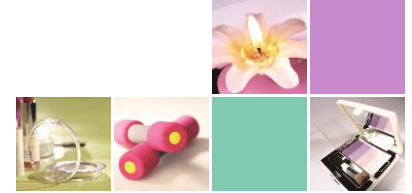


Nutmeg
Medicinal and
sensual
properties



Panax ginseng

Food



Pumpkins seeds

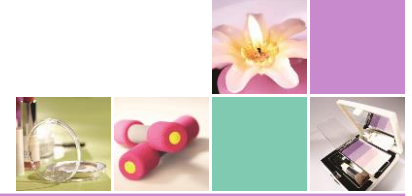


Vanilla
Increase lust



Yohimbine

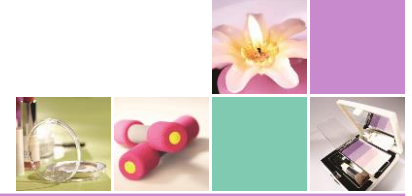
Aphrodisiac Food for Women



- ❖ Almond
- ❖ Angelica
- ❖ Artichokes
- ❖ Avocado
- ❖ Basil
- ❖ Cardamon
- ❖ Chocolate
- ❖ Damiana
- ❖ Ginger
- ❖ Licorice
- ❖ Papaya
- ❖ Saffron
- ❖ Soy
- ❖ Truffles



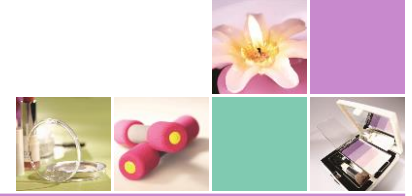
Aphrodisiac Food for Men



- ❖ Basil
- ❖ Bay leaf
- ❖ Cardamon
- ❖ Cayenne
- ❖ Celery
- ❖ Chiles
- ❖ Cinnamon
- ❖ Cnidium seeds
- ❖ Fennel
- ❖ Figs
- ❖ Ginger
- ❖ Ginko
- ❖ Ginseng
- ❖ Goji berries
- ❖ Grapes
- ❖ Hemp seeds
- ❖ Lavender
- ❖ Mango
- ❖ Mustard
- ❖ Nutmeg
- ❖ Peach
- ❖ Pineapple
- ❖ Pumpkin
- ❖ Sea cucumber
- ❖ Squash
- ❖ Vanilla
- ❖ Watermelon

Source: Weiss, S. I. (2010) Eco Sex, Ten Speed Press, p76

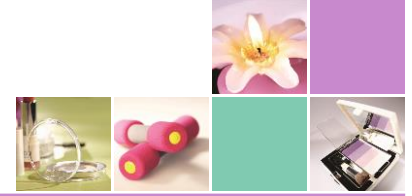
Love Potion or Poison?



The Ingredient	The Claim	Love Potion or Poison?	Proceed with Caution
Yohimbe (comes from the bark of West Africa's Yohimbe Tree)	Dilates the blood vessels, allowing more erection – nourishing blood to reach the penis	Possibly Potion	Decide if harder erection are worth elevated blood pressure irritability, nausea, and vomiting

Sussman, L. (2005) Happy, Healthy and Sexy: Women's Sexual Health - All Your Questions Answered (Cosmopolitan), Collins & Brown, p. 145

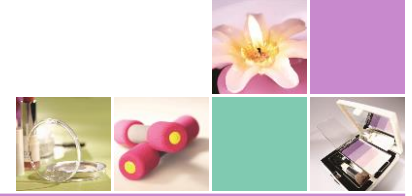
Love Potion or Poison?



The Ingredient	The Claim	Love Potion or Poison?	Proceed with Caution
Ginseng	Encourage the body to make testosterone and increase sperm production.	Potion – if it contain the designation Panax (which it's of American or oriental origin) and contain 15% ginsenosides.	Insomnia, raised blood pressure, headaches, irritability

Sussman, L. (2005) Happy, Healthy and Sexy: Women's Sexual Health - All Your Questions Answered (Cosmopolitan), Collins & Brown, p. 145

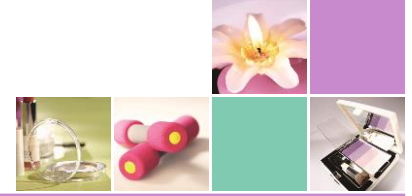
Love Potion or Poison?



The Ingredient	The Claim	Love Potion or Poison?	Proceed with Caution
Royal Jelly	More Potency	Poison	Can cause asthma attacks, severe allergic reaction and death

Sussman, L. (2005) Happy, Healthy and Sexy: Women's Sexual Health - All Your Questions Answered (Cosmopolitan), Collins & Brown, p. 145

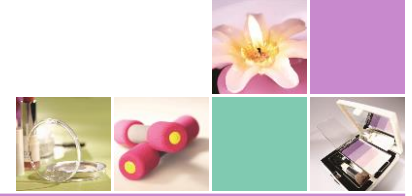
Love Potion or Poison?



The Ingredient	The Claim	Love Potion or Poison?	Proceed with Caution
St. John's Wort		Potion – if it is 600-900 mg of 0.3% standardised extract	Can work against pill, making it ineffective

Sussman, L. (2005) Happy, Healthy and Sexy: Women's Sexual Health - All Your Questions Answered (Cosmopolitan), Collins & Brown, p. 145

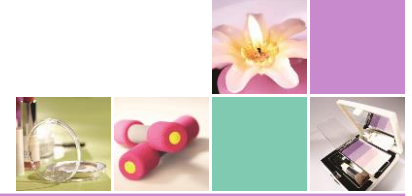
Love Potion or Poison?



The Ingredient	The Claim	Love Potion or Poison?	Proceed with Caution
L-arginine	Cause better blood flow to the genitals	Taking up 1,000mg may give it potion qualities	Waste of money
Damiana or Wild yam	Sexual Stimulant	Poison	Waste of Money

Sussman, L. (2005) Happy, Healthy and Sexy: Women's Sexual Health - All Your Questions Answered (Cosmopolitan), Collins & Brown, p. 145

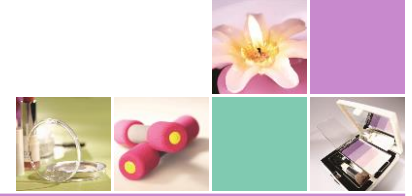
Love Potion or Poison?



The Ingredient	The Claim	Love Potion or Poison?	Proceed with Caution
Chocolate	Sexual stimulant	Minor potion – if contains a stimulant which creates feeling of excitement	Oh the calories and fat
Ginko	Widen blood vessels of the genital	Poison	Avoid if you have heart problems

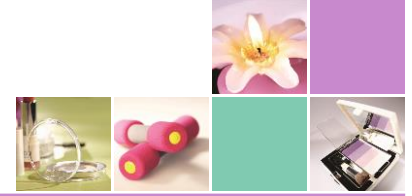
Sussman, L. (2005) Happy, Healthy and Sexy: Women's Sexual Health - All Your Questions Answered (Cosmopolitan), Collins & Brown, p. 145

The Orgasmic Diet



1. Take supplements (especially fish oil); a multivitamin; calcium, magnesium, and zinc; and extra iron and vitamin C.
2. Balance of 40 percent carbs, 30 percent protein, and 30 percent fats at every meal.
 - Avoid trans fats and polyunsaturated fats, including vegetable oils such as corn oil, soybean oil, and safflower oil, that counteract the benefits of the omega-3 fatty acids
 - Eat monounsaturated fats like olive or canola oil or moderate amounts
 - Eat a half-ounce of quality dark chocolate every day.
3. Avoid things that interfere with sexual function, including caffeine, cigarettes and other stimulants; hormonal birth control; and drinking alcohol to excess.
4. Exercise the PC muscles

Avoid when pregnant



Alcohol

Grape wine may improve blood vessels, increasing bloodflow to her nether regions. Max 2 glasses

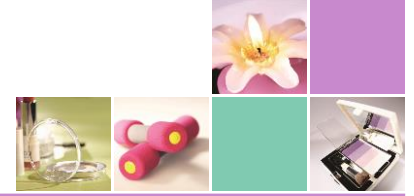


Shark,
swordfish, king
mackerel,
tilefish, and
albacore tuna



Raw or
undercook
ed fish or
meats

Avoid when pregnant



Raw
meat,
chicken,
and fish



Deli meats

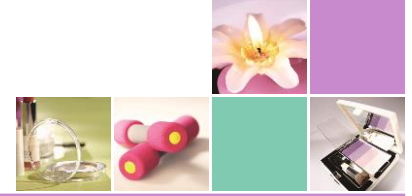


Soft cheeses
and
unpasteurized
milk and juices



Unwashed
fruits and
vegetables

Avoid when pregnant



Raw
produce
like
meat



Caffeine

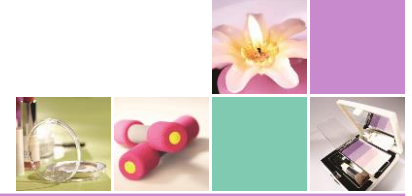


Alcohol



Herbs

Avoid in general



Beer



Cake



Candy



Chips



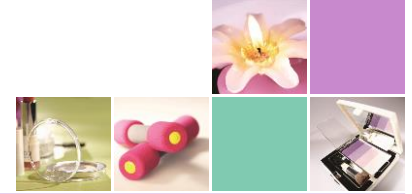
Cookies



Corn



Avoid in general



Fried food



Fruit juices



Hard alcohol



Ice cream



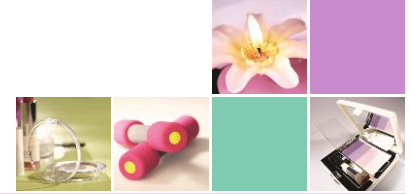
Pie



Pizza



Avoid in general



Potatoes



Sugar



White processed bread



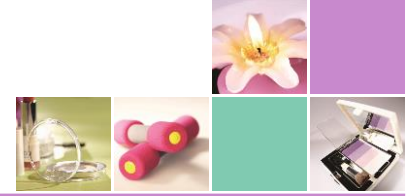
White semolina pasta



White or instead rice



The Low Down on Low Libido



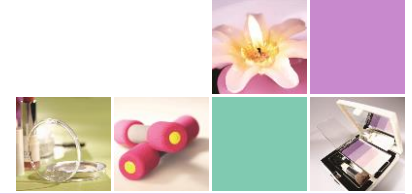
❖ Increase

- Sea vegetables
- Beans
- Root vegetables
- Water
- Spicy foods
- Chocolate

❖ Reduce alcohol



Testosterone

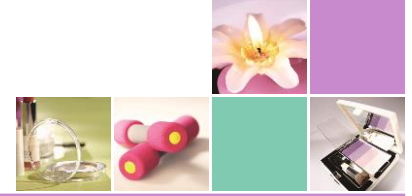


- 1) Level is 20-40% higher in men than women
- 2) Increase testosterone levels in men's blood rise accordingly with doses of vitamin D
 - After exposure to sunlight
 - Can also be obtained from eating oily fish and meat.

Source: Sunbathing 'boosts men's sex drive'

<http://www.telegraph.co.uk/health/healthnews/7127197/Sunbathing-boosts-mens-sex-drive.html> (accessed 4 Aug 2014)

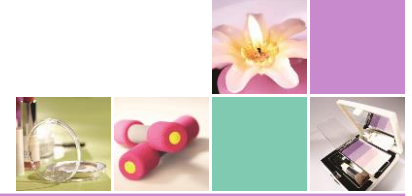
Possible Reasons of Low Sex Drive



1. Biological
2. Social
 - People
 - Exhaustion
3. Psychological
 - Attitude towards sex
 - Unpleasant sex



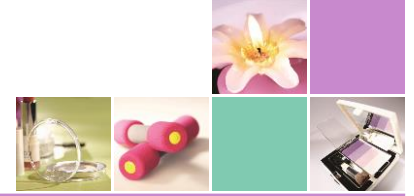
Lack of Sexual Drive After Baby



1. Communicate
2. Get Tested
3. Arms on Deck
4. Schedule Sex
5. Prepare for sex
6. Self care
 - Exercise
 - Quit smoking
 - Food
7. Expand your ways of having sex
 - Masturbation witnessing
 - Mutual masturbation
 - One-way sex
 - Sex toys
8. Recruit a Taskforce
9. Give it some time



Principles of Feminine Energy

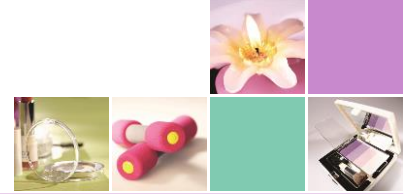


- ❖ Living in harmony with my biochemistry and self-care
- ❖ 360-degree emotional expression
- ❖ Pleasure
- ❖ Leadership
- ❖ Conscious, Collaborative Relationships
- ❖ Receiving
- ❖ Being my own authority

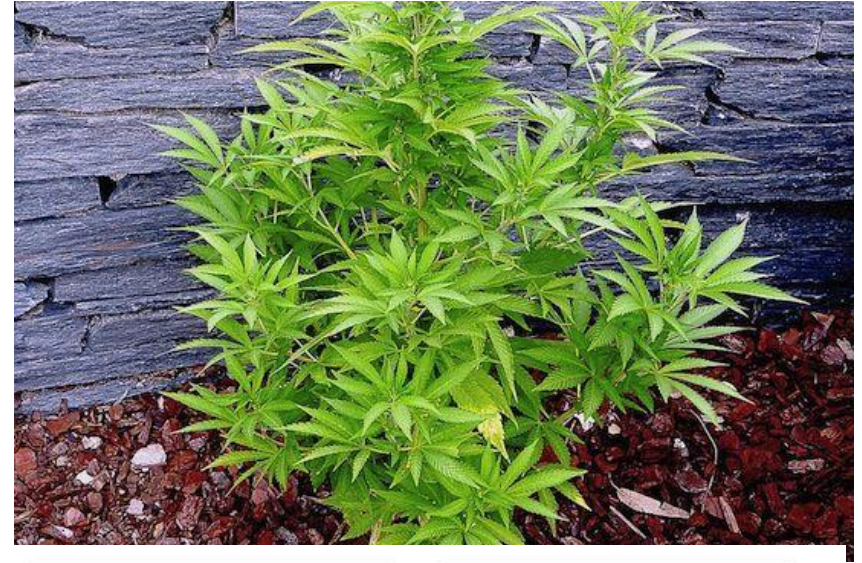


Source: Vitti, A. (2013) Woman Code, HarperOne, p. 21

Fornia



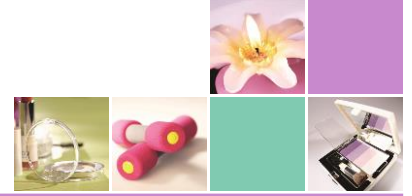
- ❖ 100% natural and free from chemicals, additives, sugars and gluten
- ❖ Edible, vegan-friendly, and its pH is low to care for the skin and maintain the your lady part's own healthy pH



FORIA



FORIA



The result?

A viscous, smooth, slippery substance that will allow you to enjoy at least 15 minutes of continuous climax.

Each spray contains 360 milligrams of THC, enough for 30 sessions.

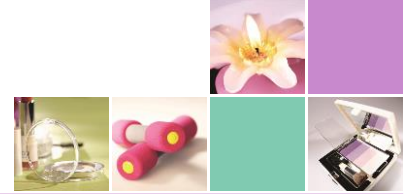
At present, Foria is only available to medical marijuana patients in California

Source: <http://earthweareone.com/a-marijuana-lubricant-that-gives-you-a-15-minute-climax/> (accessed 4 Aug 2014)



“TOO MUCH
OF A
GOOD THING
CAN BE
WONDERFUL”

- MAE WEST



Pleasure



is healthy

Dr. Martha Tara Lee
Clinical Sexologist
Eros Coaching Pte Ltd

Website: www.eroscoaching.com

Email: drmarthalee@eroscoaching.com