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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Female Sexual Health & Orgasms

By Dana Huston

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There has been increased interest in female sexual health in the past few years largely due to the development of effective treatments and orgasm boosters.

Physicians are now learning what happens with females during sexual excitement and orgasm.

With the knowledge of normal physiology during orgasm, physicians as well as therapists, can now help females with their sexual difficulties.

Sexual wellness for a woman translates simply to being able to have a satisfying sex life. Sex can only be truly satisfying if an orgasm is achieved and there is no discomfort during sex.

Many women go throughout life never experiencing the joy of an orgasm let alone multiple ones. Sometimes sex can be uncomfortable if not downright painful. There are multiple reasons for female sexual health problems like this that we'll examine.

Female Sexual Dysfunction & Female Sexual Health:

Psychological female sexual health dysfunction tends to be relatively common. Mental and emotional contributors, which include stress, changes in body image, relationship issues, and changes in sexual expectations all contribute to psychogenic Female Sexual Health problems.

There is no physical damage holding back a satisfying sex life.

Female sexual dysfunction brought about by the use of anti depression drugs, antihistamines and beta blockers to reduce blood pressure could be considered a subset of this female sexual health problem.

A Neurogenic female sexual health problem is a term used when female sexual dysfunction is associated with a neuropathy, which interferes with sensations between the brain and the sexual organs.

Organic causes of female sexual dysfunction, which is extremely common, are more complex and varied than of men.

The female sexual health function is a complex interaction of hormonal events and psychosocial relationships. Apart from the emotional or psychological causes, atherosclerosis of the arteries still plays an important role as do physical changes which can include vaginal dryness or atrophy which in turn contributes to vaginal pain or irritation, fatigue, sleep disturbances, hot flashes, night sweats, and other general female sexual health concerns.

Some synthetic progestins commonly used for contraception have also been associated with a decrease in libido.

It's because of the complexity and the scope of the organic causes of female sexual health problems that drug companies haven't been successful in producing the female product equivalent to male 'Viagra'.

Female sexual health problems have to be studied using a natural approach from many different areas.

Recovering Your Sex Life & Eliminating Female Sexual Health Problems:

If you think that your female sexual health problem is psychological and you can't determine the root cause or just aren't sure how to deal with it, then you should seek professional help.

Talk with your physician or other female sexual health professional to find a good sex therapist in your area that could help you.

Other than unique devices such as vibrators that help to arouse you sexually, there are other products, although not very effective, that have been approved for use by women suffering from female sexual health problems.

These are for the most part suction devices designed to be placed over your clitoris to try to help force blood into the general area and to engorge the clitoris in readiness for

sexual activity.

Not exactly a very effective or sexually exciting thing to do.

Although trials are underway with drugs to help eliminate female sexual health problems, the current feedback is not promising.

This is understandable because although there are some similarities in women's sexuality as in men, such as the need for the clitoris (as with the penis) to become engorged with blood in order to reach orgasm.

One problem however is that this is just one function of the female sexual response. Nonetheless you can be sure that research will continue and there is no doubt that at some time an approved drug for female sexual health problems will be released.

Dana Huston is a woman's sexual health expert at Women's Health And Fitness. She is one of the top female sexual health experts. She's helped thousands of women over the past 10 years with their sexual health problems. Please visit <http://www.womens-health-fitness.com> to contact her.

Understanding How To Intensify Orgasms

By Philip Lim

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The subject of how to intensify orgasms has been intensely studied over the centuries with varying degrees of success. There are many different schools of thought on the matter and we will attempt to analyze them in this article.

One of the most popular beliefs is that the longer it takes to have an orgasm the more intense it will be when it occurs. While I have found this to be true to some extent, I have also found that if the sexual experience is not to my liking all that much then it does not really matter how long it takes. It will still not be the most intense of orgasms.

The most scientifically-based idea on how to intensify orgasms that I have come across is the study which concludes that it is a physiological thing. Meaning, it will depend on how much oxygen there is available to the nerve endings which will determine just how intense a person's orgasms will be, on average.

This type of view on how to intensify orgasms is in my opinion based on a relatively sound fact. If the person has more oxygen in their blood then it will be more likely that they will have more nerve endings firing and be able to transfer the signal from those nerve endings to the brain in a much more efficient manner.

The ways in which you increase oxygen content of your blood go up will have many other health benefits other than intense orgasms, such as better stamina and less heart disease and respiratory illness.

Exercise is the most common way to increase the rate of oxygen in the blood but there are many other ways to do it as well. The Indian culture has been using meditation and yoga as a way to intensify their orgasms for thousands of years and I do not think that they would keep it up for that long if they were not on to a winner. Their method of how to intensify an orgasm is called "tantra" and there is a lot of good literature on this subject out in the ether.

The Asian culture has been doing it for a long time in the form of

herbal methods to intensify the orgasms they have, and there is a good basis for what they have been up to as well. The herbs they use, of which ginseng and ginkgo biloba are most popular, are

clinically proven to increase blood flow and improve circulation. These orgasm intensifying herbs are on the market to us in many forms, one of which is called a penis enhancement patch.

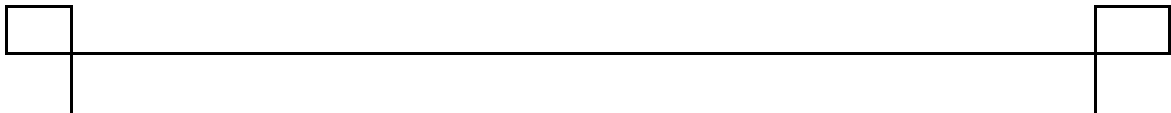
If you want to know how to intensify orgasms, the best bet would be to look for all of these things on the net and try them for yourself and see what works for you. If all of them work for you then life is going to be that much sweeter!

A concrete study on how to intensify orgasms is probably never going to happen in this life time for the reason that it is too hard to study. So do your own homework and find out what works for you!

Philip Lim is the editor of Natural Penis Enlargement Review which provides trusted penis enlargement recommendations. We aim to correct this problem of mass misinformation by giving men a place to go that they trust for healthy, safe and natural alternatives. Download your free copy of "The Secrets of Penis Enhancement Revealed" at: <http://www.naturalpenisenlargementreview.com>



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