

## You Can Blame Menopause for Night Sweats, Brain Fog, and Mood Swings. But Not for Losing Your Sex Drive.

Are you ready? Here we go...

## Common Menopause Myths

### Myth: Decreases in the Hormone Estrogen and Progesterone is Solely Responsible for Your Lack of Desire

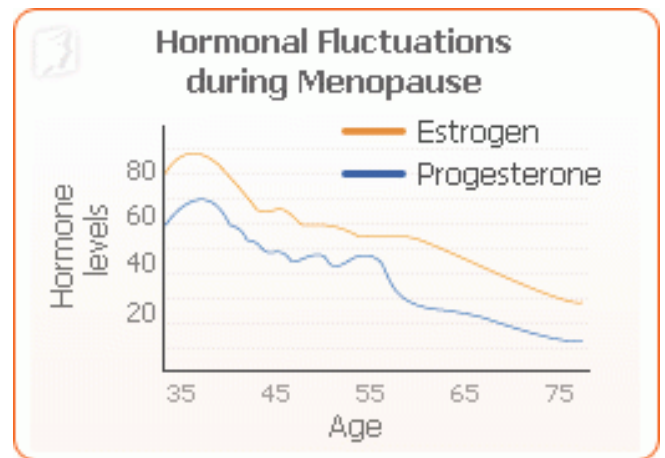
Hormones do play an important role in your arousal and sexual desire. Biologically, your estrogen level can be a powerful influence on sexual desire. Pre-ovulation estrogen level peaks can make some women very horny and yet for others there is absolutely no impact.

Hormone fluctuations during pregnancy, perimenopause and menopause can cause havoc with your body, impacting your desire for sex, your level of vaginal lubrication, as well as the thinning of the vaginal tissues, which can make penetration painful.

Hormonal birth control, which essentially mimics menopause, can also greatly impact some women's desire for sex.

The operative word here is “can”. It's important to realize that hormones affect all women differently and to different degrees.

You should not automatically assume that just because you're menopausal, you will lose your desire for sex. Many menopausal women actually feel more aroused and turned on during this period. There is no “normal” or one size fits all experience. There are many other factors that can impact your desire for sex.



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## Myth: Not Feeling Desire is a Normal Part of the Aging Process

Your body is capable of feeling sexually aroused at any age or stage of life. It's important to understand that there are two types of desire that you will experience: Spontaneous Desire and Responsive Desire.

Spontaneous desire happens when you feel horny without provocation. This is most typical during your high estrogen and progesterone years (e.g. childbearing years of 18-35). However, spontaneous desire can continue to occur well into your later life especially if you are experiencing good sex and many orgasms.

Responsive desire occurs when your body responds to being touched, teased and turned on. Unlike Spontaneous desire, it is NOT dependent on your level of estrogen. This is the most

common way that women can experience desire at any age.



But here is the key. **For most women, your desire for sex actually follows arousal.** This is due to the release of the hormone dopamine, which is your friend when it comes to feeling sexual desire. Dopamine is highly addictive. It is the exact same chemical in crack cocaine.

The more sex and orgasms you have (whether with a partner or solo), the more dopamine will flow, making your body crave even more dopamine.

**Think about it. When you have had good sex, don't you usually want more?**



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## Myth: Hormonal Creams, Supplements and Certain Foods Will Increase Your Desire

There is definitely a role for hormonal creams if you have no contraindications to use them. Bio-identical estrogen creams and some natural formulations can absolutely help to maintain healthy vaginal tissues, prevent atrophy and thinning of the vaginal walls, and increase lubrication. All of this makes sex more comfortable and enjoyable which does make it more likely that you will want to have sex.



You might also benefit from using some organic CBD or Cannabis lubricants which can help relax the vaginal muscles (you will not get a high from this) again making sex more enjoyable.

While some women have reported increases in desire from progesterone creams, there is no scientific evidence that any type of hormonal intervention will positively increase women's sexual desire.

Similarly, there are no known supplements or foods that will have any type of impact on your sexual desire. Anyone who tries to convince you otherwise is not being honest and truthful. Any positive effects that people report is from placebo, which can be quite powerful.

The reality is that female sexual desire is complex and involves a whole range of factors, any of which can cause you to lose your desire for sex.

## Five Reasons that You are Losing Your Desire for Sex

There are a host of factors that will impact your desire for sex and ability to become sexually aroused at any age of your life. They range from stress, which is the number one desire killer, to health challenges and medication side effects. All too often, there are a number of factors at play.

Having helped thousands of women reclaim their desire, I've identified the five most common reasons that women lose their desire for sex, **all of which have solutions that you can put into place immediately.**



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## 1. You are not sufficiently aroused before having sex

This is by far the most common reason that will cause you to lose your desire for sex.

True Fact: Most women need a minimum of 30 minutes (45 is optimal) before they are fully aroused to the point that their body is ready for intercourse and they can experience intense, multiple orgasms.

Unfortunately, the average amount of foreplay is five to seven minutes! That is barely enough time to even settle in with yourself or a partner, let alone be anywhere close to being ready for any type of penetration.



Your body is like a cake baking in the oven. It bakes from the outside in and your genitals and nipples are the very last body parts to come online. But if you're like most women, chances are that those body parts are being touched way too early.

The problem with not becoming aroused enough is twofold. First, if you're insufficiently aroused, sex at best will only be "OK". At worst, it's going to be painful or uncomfortable.

Neither one of these situations are going to make you want to have sex again anytime soon. Sex then gets placed on the bottom of your "To Do" list, and your desire quickly wanes.

Second, and this is really important for you to understand. When you have sex too early, you are missing out on an amazing arousal and orgasmic capacity that only women have. The level of dopamine coursing through your body when you reach your arousal capacity will make your body crave more sex and more orgasms.

Lack of sexual desire solved!



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## 2. You are having Obligation Sex



Many married women have been socially conditioned to believe, from a very young age that it is their responsibility to please their partner and ensure their sexual satisfaction.

If this resonates with you, then you are essentially having obligation or service sex. This means that you are servicing your partner, regardless of whether you are in the mood for sex.

You may be afraid that if you don't satisfy your partner, they will leave you, have an affair, and you might face financial ruin.

Make no doubt about it. Obligation sex is a huge libido killer especially if you're not getting what you want, not feeling aroused and just want to get it over with so you can check it off the list.

Think about it this way. The more you have to do something that you don't enjoy, the less enjoyable it becomes, and the less likely you are going to want to do it in the future. That is a built-in desire killer.

Also, you may not realize this, but you are not fooling your partner. Every partner knows when their significant other is not into sex and not enjoying it. I know this for a fact because hundreds of men have told me this. It makes their experience mediocre as well which also causes your partner to lose their desire for sex.



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### 3. Sex is Painful or Uncomfortable

Here's a little-known fact. More than 25% of women have experienced pain during sex at some time during their life (and yet continued to have sex). Can you imagine the public outcry if 25% of men had pain during sex! There would be billions of dollars poured into researching the cause and finding a solution.



But most women are told by their physicians to just use more lubrication and it will get better.

This is total nonsense and yet another example of how women have been conditioned to accept all sorts of discomforts (including menstrual cramps) as part of your role in life.

Your vagina is a muscle which, like any muscle, can expand and contract. When

you're relaxed and aroused your vagina expands. However, when you're tense or not aroused, your vagina may contract.

Uncomfortable or painful intercourse will send a signal to your vaginal muscles, to further contract, in order to protect you from more pain and discomfort.

Eventually your body will take this protective pattern on, making it impossible for you to relax and become aroused, and making sex even more painful.

### 4. You're Not Getting What You Want Out of Sex

This is perhaps one of the most critical factors that will impact your desire for sex. Unfortunately, most women don't have a clue what they actually want.

There are two areas here that you need to consider. First, do you truly understand your own body's arousal pattern? Do you know what your body wants, in what order, and can you communicate this to a partner?



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Second, do you understand your core desires? **Core desires are what you want emotionally out of sex and they will make or break your sex life.**

You will begin to find them when you explore your fantasies and your hottest sexual experiences. And yes, all women have fantasies. You just may not be aware of yours.

Here's an example. Let's say that what really turns you on is to be "taken" by your partner maybe even with a bit of force (e.g. thrown down on the bed, or hands held above your head).

But the sex that you have is sweet and gentle and loving, either because your partner thinks that's what you want or that's more their core desire.

As a result, sex is "nice" but it's not a huge turn on for you. Over time, "nice" sex will become boring, vanilla sex, causing your desire for sex to quickly diminish.

On the other hand, if you understood and could communicate your core desires, your sex life would be explosive.

## 5. You are Feeling Emotionally Disconnected from Your Partner.

If you are in a relationship and there are underlying issues they will have a huge impact on your desire for sex. Most women need to feel emotionally connected with a partner before they can truly open themselves up sexually.



If you're feeling angry, resentful, belittled, devalued, disrespected, not seen or heard, or betrayed, this will cause a significant emotional disconnection. The last thing in the world that you would want would be sex and intimacy, which requires you to be at your most vulnerable.

In my work with couples with mismatched libidos, which is very common, I generally find that the low libido partner is harboring years of anger and resentment, which has caused them to completely shut down emotionally and sexually.



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## Finding the Right Therapist or Coach for You

Now that you have a better understanding of what has caused you to lose your desire, how do you get the help that you need?

In the last few years, sexuality and sexual issues have become much more mainstream. This is both good, because there is access to a lot of information and resources, and bad, because it's hard to decipher who the true experts are and who is best for your particular situation.



Here are some factors that you should consider when seeking outside help from a therapist or sex coach to address issues around sexual desire, arousal, and intimacy.

- Does this person truly understand your situation because they have personally experienced sexual problems of their own? Coaches or therapists who have been on their own personal healing journeys have more empathy and understand what it's like to walk in your shoes.
- Is this practitioner trauma trained or at least trauma informed? Women who have experienced abuse or trauma have a much higher likelihood of experiencing sexual problems as an adult. If this is your experience, it's important to work with someone who can address the trauma issues as they arise. In addition, many relationship wounds can also cause trauma that impacts your sexuality.
- Does this person have specific training in the areas of sexuality and intimacy? You might be surprised to learn that most therapists, including marriage and family therapists,

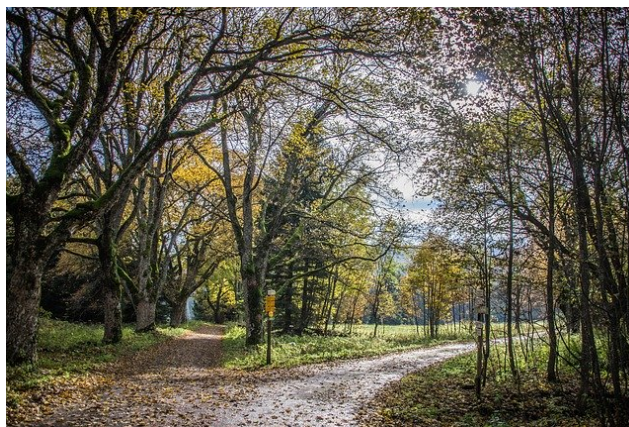


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receive a minimal amount of sexuality training. In addition, many therapists are truly uncomfortable talking about sex.

- Is this person an expert in female sexual anatomy? This is particularly important if you're dealing with physical symptoms, including lack of arousal or painful intercourse.
- What modalities does this person use and what are they specifically trained in? Most women dealing with sexual issues require more than just "talk therapy". Talk therapy can only take you so far since sex happens in your body. A practitioner who has a whole toolbox of modalities, including somatic therapies, will be able to find the correct approach for you.
- What is the social proof of this person's expertise? Did they author a best selling book? Are they frequently quoted or interviewed by the media? Do they provide valuable free content on their website? Are they teaching at nationally recognized educational institutions or retreat centers?
- Does this person feel like a good fit for you? Answering this question is the most important one. Regardless of their credentials and expertise, if you get off the phone and don't have a good feeling about your interaction, move on to someone else.

## **You are not Alone and You are not Broken But You are at a Crossroad**



Feeling like you have lost your sexual desire can be frustrating and might even make you feel like you are broken. I can truly empathize with you since I felt broken as well...for over two decades living in a sexless marriage with no sex drive whatsoever.



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I healed my sexuality and reclaimed my desire, just like I've helped thousands of women who are just like you.

If you're reading this right now, then you're at a crossroad in your life and have a choice to make.

You can continue along the path you're on...not having or enjoying sex, missing connection and intimacy and assuming this part of your life is over.

**OR** you can decide that the best is yet to come for your sex life. You're ready to explore what the path of sexual freedom and fulfillment looks like by having a brief conversation with me.

During that call, we will quickly identify why you're losing your desire and feeling blocked. I will provide you with powerful steps you can take to remove the blocks and re-claim your desire, guaranteed.

Whether you're thirty or seventy-five, you can learn new ways to have pleasure in your body and have the fulfilling and vibrant sex life that you deserve.

The only thing that's holding you back from the sex and intimacy you desire is you!

**[Book a Get to Know Me Call Now](#)**



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