

# the fertility advocate



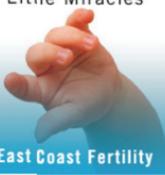
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## You Just Can't Have Too Much Lube And Other Sex Tips!

So, yesterday I wrote about the Stanford University study that linked sexual dysfunction and infertility. I also complained a bit about the lack of solutions and support that is offered to couples struggling with infertility around their sexuality. Perhaps that is a part of why I love the [Association of Reproductive Health Professionals](#) – they talk about it all – and they do it very well. I am a fan of their new sexuality outreach called "[Sex and a Healthier You](#)". I get this great email newsletter from them once a month – and you can too – it's free. And this week – I loved the sex tips in "[Don't Be Shy – Tools to Make Sex Fun](#)" cause isn't it suppose to be?

You know – there really aren't very many "rules" about sex – outside of safe, sane and consensual! In my opinion – those are three very good rules to hold to – and live by when it comes to sexuality – but outside of that – sex is hopefully all about having pleasure, fun and playing! Sexuality can look like a great big playground – with people enjoying all kinds of activities, costumes, and toys! You can play dress up – and role play! Who would you like to be? A pirate overcome by lust and or a damsel in distress? In the bedroom between consenting adults – it's all kosher.

And sex toys can be a lot of fun – and frankly they can spice things up! According to a study in the "Sex and Healthier You" article:

"One study in particular revealed that more than half of the women in the United States reported using a vibrator. Also, women in the study who used them reported higher levels of desire and arousal, as well as more orgasms, than women who don't use them". My advice around vibrators – don't go for pretty or complicated. One of the best vibrators out there looks you could ground flour with it! It's the classic [Hitachi Magic Wand Massager](#)! Trust me on this – you can send me a thank you note later.

According to "Sex and a Healthier You" – "It turns out that men use them, too. One study found that one in 10 men said they'd used a vibrator on themselves or their partner in the past month".

You can do all kinds of things with a vibrator – it can be used on all of the various erogenous zones just just the genitals. How about behind the knees?

And just because I love the Hitachi Magic Wand – doesn't mean that you shouldn't experiment with all of the various types of vibrators on the market today. And you can order them so easily if you don't want to go into the store. Just check out [Good Vibrations](#) or [Babeland](#)! These are two of my favorite sex toy shops.

My current favorite subject when it comes to sexuality is you simply cannot have too much lubricant! The hard facts is that some women, particularly us ladies in peri-menopause or post menopause, may need help with lubrication. And some women especially when they are going through a stressful time just as infertility may have a hard time getting "warmed up".

And the days of KY Jelly are really behind us. Today there are lots of options – and they can be sexy and organic!

In fact just the other day – I had the pleasure of having lunch with this fabulous lady from the United Kingdom. Her name is Susie and she is the founder of [Yes Pure Intimacy](#) which is an organic intimacy lubricant.

Yes – it is true – with actor [Jeff Daniels](#) sitting at the next table at Popovers Cafe in NYC – Susie and had bottles of lube on the table while we she gave me the 411 on oil and water based! I do love my life!

So let me share with you some [Yes Pure Intimacy](#) Pointers on Lube:

1. You can never have too much lube. Really. Use it on the side of the vagina and all around the vulva for added pleasure.

2. Water based lube does not last as long as oil based lube (when using Yes Pure Intimacy – Both water and oil base are organic). Try both – everyone has their own preferences. Good lube does not smell, feel sticky or taste funny. The Yes Pure Intimacy products are indistinguishable from a woman's own natural lubrication.

3. A great tip is to apply the oil base lube first – then use the water base on top for a longer lasting glide and natural feeling.

4. Put the oil base on HIM and the water base on HER and see what happens! I am told that it has "an exciting effect".

5. You can use the oil base lubricant on the whole body and work it into a sensual massage for your partner.

6. Keep in mind that if you are using a latex condom you should use water-based lubricants as you don't want to damage the condom with other types of lubricants. Any oil based lubricant, including body lotions will damage latex condoms.

7. If you are trying to conceive (TTC) YOU CANNOT USE LUBRICANT AT ALL unless it is a special lubricant made for couples trying to conceive!!!! I will be writing more about this later – but if you are using lube and TTC you must use a "conception friendly" lube such as [YES BABY!](#)

It's Spring people! It's time to play! Come on – don't you just want to see what happens when you combine the oil base lube, the water base lube and an [Aqua Rabbit Vibrator](#)?

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This post was written by [pmadsen](#) on March 24, 2010

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