

A Guide to Better Sex Through Nutrition

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What you eat, whether or not you take supplements, how you handle stress, the type of exercise routine you follow and your sleep quality can all dramatically impact your sex life. Your diet and lifestyle can affect your libido, your ability to have an orgasm and ultimately can play a major role in whether you are sexually satisfied or not. So, if a healthier heart, better energy or a lowered risk of major diseases including diabetes, cancer and heart attacks aren't motivating enough, here is another huge incentive for changing your diet and lifestyle for the better!

I will be giving you specific diet information complete with meal plans to help you become your most orgasmic. I will include supplement recommendations to lower stress, help with sleep, improve libido, balance hormones and improve organ blood flow. I will also include lifestyle advice that works with nutrition to help you be your sexiest you at any age! Each area we discuss will include a self assessment so that you can rate your current condition and identify areas of improvement. Then we will go over the program and the simple steps you can follow. You will discover that most of these changes are easy to do, they just require the motivation and commitment to do them. I promise you that the improvement in your sex life will be more than worth the effort! To ensure that you get the best results possible keep a food and mood journal. This will help you track your improvement in your diet and lifestyle and identify where challenges may lie so that you can replace bad habits with incompatible ones and make changes that will last for life. All you need to do is buy a journal and record what you eat everyday. Next to each meal and/or snack record how you are feeling, i.e. happy, irritated, hungry, craving, horny...keeping track of your choices will help keep you on track. Now let's get started! Your first step is to find out how your diet rates right now. Take the "How Sexy Is Your Diet" Quiz to get a baseline. Then go to my link on Healthy Eating to learn the basics. Then review the Better Sex Diet Rules below and start incorporating them one by one into your life. Each one should become a habit, so work through them one by one and make them a way of life, your new, sexually satisfied life!

The Virgin Diet Rules for Better Sex: Eat less, less often: Eat every 4-6 hours and stop eating when you are 75% full. It's not sexy to feel full and by the time you feel full you have eaten way more than you should have! Limit your fluid intake with meals. Too much fluid with meals turns your meal into one big stew and dilutes stomach enzymes which can result in poor digestion, gas and bloating. I don't know about you, but I don't feel very sexy when I am gassy and bloated. Drink pure water (64 oz. or more per day) in between meals. Eat 5-9 servings from the rainbow of fruits and vegetables to supply you with vitamins, minerals and antioxidants. Hit a hormonal home run - balance your carbs, fats and proteins so that you keep a balance between your storage hormone (insulin) and your spending hormone (glucagon) to keep you feeling satisfied longer between meals. Eat within one hour of waking up to crank up your metabolic furnace. Stop eating 3 hours before sleep so that you are focusing on rebuilding those sex hormones and brain chemicals rather than digesting. Ideally avoid alcohol, if you do drink, then limit it to more than 1 glass of red wine (women) 2 glasses (men) in one day and don't drink more than 3-5 times a week. Eat clean lean protein at each meal. Follow the Better Sex supplement program and add the "boosters" for libido, stress support, sleep support, etc. as needed. Avoid caffeine - try decaffeinated organic green tea for antioxidant support and stress relief. To order the Better Sex Supplement Program from Designs for Health (Metabolic Synergy, Omega Synergy and Brain Vitale) [click here](http://shopping.netledger.com/s.nl?c=ACCT14095&partner=JENNIFERBERMAN) <http://shopping.netledger.com/s.nl?c=ACCT14095&partner=JENNIFERBERMAN> or call 800-847-8302. You must give Dr. Jennifer Berman's name to be able to order as these professional brand supplements are available through the recommendation of your Health Care Professional only. Stay tuned for the Better Sex Meal Plans and more on the Better Sex supplement program and the booster nutrients.

JJ Virgin is a 25 year veteran in the health and fitness industry, with advanced qualifications in nutrition, advanced personal training and exercise for the older adult. Throughout her career, JJ has spoken for groups as large as 1000 on fitness and nutrition, has appeared on TV and radio and has been featured in magazine and newspaper articles. JJ is the health correspondent for The Healthy Living Show and a medical host for The Wellness Hour, appearing regularly on TV with health updates and medical minutes, and contributes to the affiliated website www.wellnesshour.com. She was the nutritionist for Dr. Phil's Ultimate Weight Loss Challenge, and appeared frequently on his nationally syndicated program Dr. Phil. JJ also contributed to his website www.drphil.com and newsletter The Next Level. JJ has been featured as a member of The Extreme Team on ABC's Extreme Makeover season finale. JJ also appeared as the nutrition and fitness expert for Subway to help launch their F.R.E.S.H. Steps campaign in Washington, DC. JJ has had nutrition and lifestyle coaching practices in Rancho Mirage, Ft. Lauderdale, Dallas and Beverly Hills for many years. She has worked with former Heavy Weight Champion Razor Ruddock, and worked with Gene Simmons to help prepare him for the KISS 2003-2004 World Tour. She is currently working with actor Brandon Routh, preparing him for his role as Superman in the movie to be released this year.

Additional resources on female sexuality are available from MayoClinic.com:

<http://www.mayoclinic.com/health/kegel-exercises/WO00119>

<http://www.mayoclinic.com/health/sexual-health/HA00035>

<http://www.mayoclinic.com/health/womens-health/WO00110>

<http://www.mayoclinic.com/health/sexual-health/HQ01363>