



BETTER THAN
KAMASUTRA

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Frequent Sex and Good Health



Individuals engaged in active lifestyles like exercising, eating right foods, and taking vitamins should also involve regular sex in their health regimen. While the degree of sexual activity in one's health is not a main topic of research, many studies suggest that safe sex can do wonders for one's overall health. Safe sex practiced in a loving, intimate relationship has numerous health benefits like improved cholesterol levels and increased blood circulation. It also encourages the flow of testosterone, a hormone that plays a significant role in the immune system.

Sexual intercourse burns about 200 calories; the same number of calories can be achieved by spending 15 minutes on a treadmill. Besides, sex encourages the production of endorphins, the body's natural painkiller. These substances enable a state of bliss and free people from stress and anxiety. These factors can lead to feelings of happiness, greater health, and may also slow down the aging process. An active sex life may lead to improved health and enable people to live longer and happier lives.

For Him

A medical study published by Journal of the American Medical Association (JAMA), found out that frequent ejaculation resulting from sexual activity may help protect the prostate from cancer. This finding supports a smaller study in Australia from 2003 that discovered that men in their 20's who ejaculated more than five times a week were less likely to developing prostate cancer than their counterparts who ejaculated four to seven times a month.

Specialists add that ejaculating regularly might lower the risk of cancer because cancer-causing substances are flushed out of the body in the seminal fluid instead of being trapped in the prostate. Besides, researchers in Queens University concluded that by having sex three or more times a week, men might cut heart attack or stroke rates by almost half. However, having sex with multiple partners may raise a man's risk of prostate cancer to up to 40% because of the risk of contracting genital infection increases.

For Her

Sexual activity may also help prevent endometriosis, a common gynecological condition that affects about 89 million women around the world. This condition occurs when the tissue lining inside a lady's uterus grows in other places like the ovaries or the fallopian tube. This growth can cause pelvic pain and may lead to infertility.

A study by the Journal of Gynecologic and Obstetric Investigation concluded that women who were sexually active during their menstruation were 15 times less likely to develop endometriosis than women who abstained from sex during periods. The contractions of the uterus during orgasm may help flush away menstrual debris out of the uterus. Sexual activity among women also

prompts the production of estrogen which can act as a painkiller and reduce the pain of Pre-Menstrual Syndrome (PMS).

Sexual intercourse is not just the insertion of a man's erect penis into a woman's vagina. It is a process of physical intimacy that strengthens the bond among lovers. Understanding safe sex and sex within marriage may lead to improved health and fruitful marriages.

Couples Mistakes and Misconceptions on Sex



Many of us enjoy the pleasurable moments that come with sex, but there are others who somehow feel that they haven't experienced that "peek" feeling others talk about when it comes to intercourse. Bear in mind that there are also many sexually active couples whose sparks fade and experience certain pitfalls when it comes to the passion and feelings that sexual pleasures used to have ignited in them.

The most common mistake that most couples commit that makes their sexual activities uninteresting is because they always expect sex every time to be that mind-blowing which is not a reality most of the time. When sex becomes such a routine, and there is no room for twists, creative styles, and techniques, it physically becomes boring and such a chore to do.

Plus, there is the fact that most people have such high expectations from their partners during sexual intercourse and when the passion and sensations they anticipate or expect are not met, then the sexual act now creates feelings of disappointment and anxiety. This is most especially applicable for those who are trying sex for the first time or are trying it with a different partner, and they make such unrealistic expectations. If you have experienced wild, you can't expect it to be like this every time. Sex has its different cycles and tempos. There's the slow sensual sex, and on the extreme, you have the wild quickies for the spur of the moment urges.

The whole sexual act is not only about the intercourse. You also have your foreplay, oral sex and there is even manual stimulation with the use of the hand or the fingers. You can always work around these for some excitement and change in your usual sexual routine.

While there is nothing wrong to watch a pornographic video to help arouse your sexual desires, most couples make the mistake of using this instead of relying on each other to sexually arouse the other. You can always use your own moves and body to stimulate your partner instead of depending on X-rated videos. Not everything on porn is actually satisfying in bed so try not to follow everything on it. Remember that they are sexual fantasies and actors are portraying them for you.

Sex would be more exciting if partners try to explore themselves what gives pleasure to the other. Also, try not to compare your sexual experiences in

the past with your current one. Everyone has his or her unique style of feeling pleasure and of giving it. Be creative and play along.

Tips for Having Great Sex



You're not exactly beyond any doubt how —or when — it happened. You used to have a great time in cot, however all of a sudden, your sexual coexistence simply isn't what it used to be. By 11 p.m., you're keener on The Daily Show than in a steamy session with your fellow.

Actually, when you do work up the vitality, sex feels so...predictable. The fervor, even the enthusiasm, are MIA.

The thing is, you like sex — a considerable measure. In addition, you adore your accomplice. So what gives? "There are a wide range of passionate boundaries to having great sex, from poor self-perception to weariness," says sex advisor Laura Berman, PhD, chief of the Berman Center in Chicago and creator

of The Passion Prescription. "The uplifting news is that you can get past them and reconnect with your erotic nature."

Prepared to light your flame? These moves will make sex more sultry, more content, and out and out sexier.

For Her



1. Like Yourself Exposed

Ladies who have the best sexual experiences like their bodies, says Joy Davidson, PhD, a sex specialist in New York City and the creator of Fearless Sex. "They see themselves as solid and attractive."

Unfortunately, as indicated by Berman, up to 80 percent of women in the United States experience the ill effects of a negative self-perception. "Normally, when a lady takes a gander at herself, her eyes go straight to her issue zones," says Berman. "She conveys that inclination into the room, and when her accomplice's kissing her thighs, she's caught up with considering, 'God, I'm so fat!'"

To help your body certainty, provide for yourself a rude awakening. Whenever you're at the store or in the exercise center, investigate you at all the appealing ladies who are an assortment of shapes and sizes. Remind yourself: There is nobody perfect. At that point, ask your accomplice what he adores about your body, and record it. At long last, compliment yourself. At any rate once a week, remain before the mirror exposed and concentrate on your most loved peculiarities— your conditioned arms, your firm butt, your lovely breasts, etc. Touch every part and say emphatically what you like in regards to it —this will help to strengthen your emotions, says Berman.

2. Make the Psyche Body Association

Consider those minutes throughout your life when you feel totally tuned into your body. Possibly, it's after you complete a long run — your blood is pumping, and you're casual and invigorated. Alternately maybe it's the point at which you do yoga and accomplish a brain-body merge.

Odds are, this doesn't happen regularly enough. "At the point when a lady has a negative mental self-portrait, she has a tendency to separate from how her body feels," says Berman.

To restore the bond, do something that makes you feel great in your skin in any event once a day — treat yourself to a back rub, run apple picking with your children, and wear the pants that provide for you a sense of self-help the moment you slide them on. "At whatever point you're tuned into your body and what it's equipped for, you're commonly more arousing," says Davidson.

3. Swear Off Sex.

It's amazing, yes, yet profoundly successful. That is on account of when you let yourself know you can't have something, and you need it considerably more. The same is valid in the room — particularly on the off chance that you

and your accomplice have been as one for some time and sex has gotten to be programmed.

As opposed to concentrating on the end amusement, figure out how to appreciate the exotic nature of sex. Tease yourself — and him. Get stripped, faint the lights and alternate investigating one another's bodies. "When you're the one doing the touching, focus on conveying adoration and exotic nature to your accomplice," says Berman.

"When you're in a bad way, let yourself feel the impressions of every last stroke. This will help you reconnect with one another on an entire new level." Not just that yet when you're set, you'll be so energized you'll scarcely have the capacity to stand it. Hold off (in the event that you can!) for a night or two, to let the reckoning form.

4. Include A Couple Of Rushes

Following a couple of years together, it's anything but difficult to get languid on the couch. At the same time, you both deserve better. "In the event that you don't place vitality into your relationship, you won't receive vitality in return," says Davidson.

Examination demonstrates that new and daring exercises may fortify the mind to create dopamine, a neurotransmitter that assumes an essential part in sexual craving.

Do something brave outside the room and dopamine levels may soar — alongside your sex drive. Challenge your man to a heart-beating action like rock climbing or white-water rafting. "Encountering something new and eating together aides recreate that inclination you had first and foremost of your relationship when you couldn't get enough of one another," says Berman.

5. Let Him Know How To Turn You On

"Men need to be your knight in sparkling covering in terms of sex — they're excited for you to let them know what feels great," says Berman. "The issue is such a large number of ladies are distant with their bodies they have no clue what to say." Help him, and yourself, by demonstrating to him what turns you on.

Put your hand on top of his and aide him by the way you need to be touched — including the amount of weight to utilize. When you're prepared to proceed onward to oral sex, or to accumulate a couple of sex toys, talk up. "This is the main way he's going to comprehend what lives up to expectations for you," says Berman.

6. Change Your Schedule

When you're worried, it's difficult to feel attractive. That is on account of when a lady encounters unending pressure, and her body produces larger amounts of oxytocin, a concoction that covers the impacts of the sex hormone testosterone. Therefore, your moxie takes a plunge. Revive your sexual batteries by doing things that let you break free from your wild regular life, says Berman. Play a CD that helps you to remember your school days and chime in. Go overboard on something you'd typically never purchase — like stage pumps — and wear them for a young ladies' night out. When you're casual and liking yourself, sex will begin to appear to be inside the domain of plausibility once more.

7. Make The First Move

A late learn at the University of Virginia found that the main indicator of a woman's conjugal joy was the level of her spouse's enthusiastic engagement. In the event that both of you are getting to know each other, you're satisfied. Be that as it may, when you're feeling detached, your relationship and your sexual coexistence endure. Here's the reason: You have to feel near to him to be

propelled to make adoration, and he frequently needs sex to feel near to you, clarifies Berman. The most effective method to break the stalemate? Make the first move, says Berman.

"Do something straightforward like saying thanks to him for taking out the refuse. When you provide for him a little appreciation, it's a colossal holding minute for him." accordingly, he'll begin turning back into what you require, and you'll be a great deal more inclined to need him consequently.

8. Transform Tasks Into Foreplay

Indeed, in this edified age, women still spend about an hour more every day than men on family unit errands and childcare. No big surprise that we're not in the mood because we're exhausted! Research at the University of Washington demonstrates that when men contribute around the house, their wives are considerably more prone to be fulfilled by the relationship and to need more sex. "Everything he needs to hear is that assisting is a manifestation of foreplay," says Berman.

The before you know it, he'll be pushing past you to wipe the counter, change the kitty litter, and empty the dishwasher.

9. Go Out

You know it's great to escape — from work, the children, the dust bunnies — and focus on one another. On the off chance that you can't take off for the weekend, go out to supper. Anyway, blend it up a bit: Pick a submit you've never been and request a dish you've never had. Even better than what was already great, visit him at work. Seeing him in a place that doesn't have anything to do with you will uncover an alternate side of him and reconnect you with the individual you experienced passionate feelings for. "You may see or learn something shocking that makes you see him in a sexier manner," says Berman.

10.The Key to the Best Sex Ever

On the off chance that you require an alternate motivation to work out, consider this: Working out is an awesome approach to support your sexual coexistence. "It invigorates the body as well as the sensory system and the mind," says Davidson. "So you're all the more physiologically energized and more open to sex."

Exercise fortifies your cardiovascular framework, enhances dissemination, and gets blood streaming to all the right places. It additionally gets you in the mindset by lessening push and boosting your respect toward oneself. Working out provides for you a feeling of pride and achievement, says Berman. "When you do it reliably, it makes you like yourself."

Pretty much as imperative, activity helps you tune into your body — and block out the world. Weight preparing and Pilates, which constrain you to concentrate on your muscles and your structure, are particularly useful for this. "Your consideration is completely on you," says Davidson. "You truly feel each move, and that puts you in a more sensual state".

For Him

How to get a girl to have sex with you? Without this powerful tool, even the most attractive men won't be able to take women home seduction. The average-looking man who knows how to seduce a woman will win every time over an extremely attractive man who doesn't know how. It is important that you know how to attract, once you do, you'll have the luxury of asking, My place or yours?

When attracting a woman, it is important that you bring seduction to seal the deal. Just by having great looks will not invite a woman to sleep with you; you have to show her that you are really interested and can't leave without her.

It's not a good idea to beat around the bush and try tricking the woman to sleep with you. Cheesy pickup lines will send you home to an empty bed every time.

A real player is honest and straightforward without being rude. By lying everything out for full view allows you to lure her in successfully. The thrill of the hunt comes from letting women know exactly what you want; how hard the woman plays will determine how hard he has to hunt. The use of seduction is a technique that can be used to get just about any woman into bed with you.



1. Discover your raw appeal

There is something called animal appeal. Some of us have that, and some don't. This appeal has to do with our voice tone, our walk, our talking style, our smell of the body, our body, and our personality. Take care of these, and you are half way through.

2. Chat a bit with the lady

There are so many sites out there that are about dating, relationships, how to score, how to win, and yet men are still looking for answers. Why is that? Maybe it's because not every answer fits every woman! That may be your first

hint guys. We are all different, what works for one woman will make another women slap your face with disgust. So, I would think that a good thing to do is to just chat a bit with the lady and get to know the side of her that she is willing to show you.

Be smart and listen to her, and learn as she talks. Oh, and please save the checking out her boobs or her butt until after you have won the first battle.

3. Avoid taking the wrong attitude

Many men perceive the task of starting a conversation with a woman especially if she is highly attractive stranger a hard and discomforting one. Besides that, they typically take the wrong attitude of being too nice and over openhanded with flowers, paying for dinners and expressing their lack of confidence and low self-esteem.

The women on their part are not attracted to unconfident, dishonest, wussy men. They will either decline him on the spot or possibly worse take advantage of the situation by exploiting him to furnish her meal after meal, present after present and usually see another man for real love, romance, and sex. In this situation, the woman has two men: a provider and a lover.

The nice boy and the fawning, wussy approach may be observed even when another man is requesting a woman to dance or offer to buy her a drink. It is happening because in the last mentioned case, between the woman and man was never built the attraction or chemistry.

Is cocky rather than wussy the answer?

The nice boy attitude is not the perfect way as we realized above and being really mean and vulgar won't function either. The correct way that has proven

90% of the times to work magnificently with women is the confident, bold, cocky and respectful attitude.

4. Be confident in your abilities

The most common problem for couples looking for better sex is that they don't look outside of their comfort zone. More sex is not better; better sex is better; for the tango-ing twosome and humankind as a whole. Better sex is the essence of better health. In many cases, people seem to think the way to achieve better sex is simply to have less bad sex.

Women notice if a man is confident in his abilities, and will want to get to know him better. Women are very adept at reading a man, and this is one area that they will want to be sure of before approaching the man. Women report that they prefer longer sexual sessions that include massaging, masturbation and oral sex stimulation, as well as penetration.

All women expect a man to know how to please them. Sexual satisfaction has always been important to us, and it should be something we keep achieving throughout our lives.

5. Take care of other parts of your woman

- Put your lips between her throat and chin.
- Kiss her subtle, no matter where you are on her body.
- Softly lick her upper lip or tug it gently between your lips. Deep red lips indicate arousal.
- Kiss her underside of the breast before touching the nipple. Tease her around the nipple to obtain a more intense direct stimulation.

- Stroke her thighs in the direction of her vagina, but pull away before you reach it. Breathe on her or brush your fingers very close, awakening the skin.

6. Introduce Dildo in Your Love Life

Are you getting worried for having no flavor in your sex life? Might be you have chosen an Adult movie to spice up yourself, but it gave you no output. It just gave you a feeling like chasing the mirage. Well, nothing to worry about as you can introduce dildo the sex toy in your love life. These sex toys are particularly designed for this type of circumstances, and they really work like magic.

Dildo, the sex toy, helps to bring your sexual pleasure back in your love life. It's true that having sex with the same partner can be boring, but you can keep that secure by novelty. These sex toys can bring back all your thrill and fervor that you used to have and will assist you to get out of the monotony. You will always be eager to try something new with these toys with your partner or alone.

As the hunger for sex is more than bread. Both men and women require a happy and healthy sex life, and for that Dildo, the sex toys are available for both men and women. Using these lovely and colorful toys while making love is no way of shame anymore. People have become more open minded just to enjoy the jam-packed benefits because it gives like genuine skin and warm.

7. Delay Your Ejaculation

I always finish sex sooner than my partner. How can I last longer?

Many men occasionally ejaculate sooner during sexual intercourse than they or their partner would like. As long as it happens infrequently, it's probably

not cause for concern. However, if you regularly ejaculate sooner than you and your partner wish such as before intercourse begins or shortly afterward you may have a condition known as premature ejaculation.

Premature ejaculation is a common sexual disorder. Estimates vary, but some experts think it affects as many as one out of three men. Even though it's a common problem that can be treated, many men feel embarrassed to talk to their doctors about it or seek treatment.

Once thought to be purely psychological, experts now know that biological factors also play an important role in premature ejaculation. In some men, premature ejaculation is related to erectile dysfunction. You don't have to live with premature ejaculation treatments including medications, psychological counseling and learning sexual techniques to delay ejaculation can improve sex for you and your partner.

8. Avoid over-training

Over-training has become a common practice nowadays. Many people workout because they want to gain muscle, lose some weight, and achieve the physique that they have been dreaming off. These individuals are often in such a hurry to achieve their ideal physique that they forget to follow fitness safety guidelines.

Many athletes who over-train exercise for about six hours a day — a length of time that is considered to be excessive. These individuals do not realize that over-training may do more harm than good. Too much or too intense training may lead to injuries, low testosterone levels among men, and amenorrhea in women.

Some medical studies suggest that over-training may cause a temporary decrease in testosterone levels. Testosterone is the principal male sex hormone which plays an important role in libido, immune function, energy, and many

more. This hormone is essential for the development of male sex and reproductive organs like the penis, testicles, and the prostate. Low levels of testosterone may cause a problem to many men.

9. Avoid Taking some Medications to Improve your Sexual Health

Many specialists define sexual health as the ability to relate to each other sexually in a way that satisfies and rewards both parties. However, for some men and women, it may be difficult to have an arousal or a satisfying orgasm.

Some cases may require the mind to stay focused, nerves to be healthy, and to have good blood circulation. However, many things may break the cycle stress, excessive alcohol, and even certain medications may take its toll on one's sex life.

Medicines may affect sexual function because it alters blood flow and brain chemistry. Some types of medication may affect decrease a person's sex drive, delay or prevent orgasms, while others may cause erectile dysfunction in men.

If one notices a decline in sexual performance while under certain medication, it is important to seek the doctor's advice to know the possible causes.

However, the medication should not be totally stopped. Doctors can help determine if it is the medicine that is causing the problem and help switch to another medication. Antidepressants, which contain selective serotonin reuptake inhibitors (SSRI), narcotic painkillers, and blood pressure medications, can affect sexual activity.

10. Make Her Come- Eat your girl out

- Guide this path with small kisses from her neck down to her pelvic region.
- Try some sensual kissing up and down her inner thighs.

Better Than Kamasutra

- Go in and find that clitoris. It's that thing that feels like a bean on the top of the vertical of the vagina.
- Make a girl convulse with pleasure. Start this by using your fingers to rub the clitoris and then stuffing your face in between her thighs.
- Lick the clit up, down, and all around, but remain focused on the pressure of your tongue on the clitoris.



- Asking how she likes it is a 100% turn on anyway.
- Run your fingers down her thighs, grab her hips, or reach for her boobies and massage.
- If or when she orgasms, don't dust off your hands and move on—give her another.
- Give some time between orgasms. Throw in some of those soft kisses. Just give that bean a breather for a few seconds and then get back in the game.

Serious Consequences of Liberal Sexual Behavior

While needing and having sex is a fact of life, the increasing levels of sexual liberation and tolerance for irresponsible sexual behavior have resulted in the rise of unconventional practices and growing acceptance of sexual orientations that were once considered taboo.

This is not to pass judgment to those who prefer to experiment in their sexual affairs, but this liberal attitude and behavior could lead to serious consequences if guidelines to pleasurable and safe sexual activities are not observed and met. The same is also true for the general public who lacks proper understanding and appreciation of sexual health issues and standards which could lead to neglect their partners' sexual rights.



A sexual encounter should entail not only physical pleasure but social and moral responsibility. The lack of responsibility for one's sexual behavior can result in unexpected consequences such as unwanted pregnancy, a situation that may lead to emotional and psychological complications. Engaging in unprotected sex can also expose both sexual partners to sexually transmitted diseases (STDs).

Frequently, we judge by mere appearances. However, even the beautiful, healthy-looking person beside you can be afflicted with a sexually transmitted disease without you or that person knowing it.

Though some STDs may produce visible symptoms, most STDs are asymptomatic infections that do not show noticeable signs and symptoms. Thus, the “silent” disease. These cases are only diagnosed through testing. However, no widespread program requires routine check-up.

Moreover, there seems to be a lack of public awareness about the dangers of contracting STDs, even in the age of HIV and AIDS. The social stigma of having or even discussing the subject of STDs keeps people from acquiring more information about STD and other sexual health concerns from their health care professionals.

Sexually transmitted diseases are those caused by viruses, bacteria, and parasites and can easily be transmitted through body contact during sex. Sometimes, STD takes a long time to display any kind of symptoms.