



3 CONTROL HER THERMOSTAT

Lower body temperatures dampen arousal for both men and women, thanks to constricted blood vessels and a slowed heart rate. Why do you think that cold shower works? It's basic science: if your skin is warmer, it's more sensitive.

So don't wait until you spot goose bumps to warm her up. Before the sun goes down, hand her a hoodie – or give her your jacket – to prevent her initial chill. (That simple gesture will not go unnoticed, either.) With any luck, you'll be pulling it back off her in no time.

4 BRING HER THE RIGHT BLOOM

Flowers in winter? Sure, if you choose correctly. Once they're cut, hothouse blooms are fragile in cold weather. Instead, consider a living cymbidium orchid (ask at your nearest plant nursery). "It blooms in colder climates until the first frost, but it can bloom year-round in your home," says the American Orchid Society's Valerie Smith. "With the right amount of light, water and fertiliser, it will come back next year." Flowering succulents are also a good choice, as they don't require frequent watering. Plenty of sunshine will promote flowering.



THE SEX COACH

Jacqueline Hellyer boosts your bedroom know-how

Q *I am a healthy 24-year-old unable to ejaculate during intercourse. Masturbation is no problem. Any ideas?* – NT

A We hear so much about premature ejaculation you'd think that retarded or failed ejaculation was never a problem, but it's surprisingly common. It can be a side effect of some medications – such as antidepressants. But if you're not on meds, and if masturbation is fine, then it's probably stress related. Think about the things that cause you stress in your life and how you can manage them.

Or it could be intercourse itself that's causing anguish, especially if you've had any traumatic sex-related experiences in the past, in which case you might find talking to a sex therapist useful.

Guys these days tend to see sex as a performance rather than a relaxing pastime, which can lead to anxiety and an inability to orgasm. Chill out; it doesn't matter if you come or not, as long as you're both enjoying it. Give yourself permission not to come during intercourse. If manual or oral stimulation works, then finish with that. Remember, it's pleasure, not performance, that counts.



Q *My fiancée gets a urinary tract infection (UTI) every time we have intercourse, so she's not very enthusiastic about it. Do you have any advice for having sex or even dealing with not having sex?* – RS

A You don't need to stop having sex, you need to find out what's wrong! One or both of you could be carrying an STI (which could lead to infertility in her) – see a doctor to get this ruled out. The doctor can also determine if she has an anatomical irregularity that's causing sex to irritate her urethra.

If that all checks out fine, then make sure she's very aroused before sex and avoid overly enthusiastic thrusting. She should pee immediately after sex and stay hydrated. A specific type of tannin found in cranberries has been shown to prevent recurrent UTIs in women, so drinking cranberry juice – or taking cranberry supplement tablets – may help.

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