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**THE SEX COACH**  
Jacqueline Hellyer boosts your bedroom know-how

**Q** I have to go away for work for five months and my girlfriend of seven months will be 800 kilometres away. We're so in love and we'll try to see each other every few weeks, but I'm worried we'll drift apart. How can we keep the passion at the same level? – RA

**A** Don't worry, RA, true love can survive months apart. There's phone, email and Skype – plenty of ways to stay in touch, even without the physical touch.

Keep that going strong and you'll heighten your anticipation so much that the physical touch when you are together will be even better!

Try games such as writing an erotic story together – she writes a bit, then you, then her. . . . Tell each other your fantasies over the phone. Pleasure yourselves while on Skype and watching each other.

It's only five months; use the time to increase your intimate connection and erotic creativity. It could be the best time of your lives (especially with those brief visits in-between – think about how fabulous they are likely to be).

**Q** When my girlfriend has an orgasm, quite a lot of liquid rushes out and it leaves a huge wet patch. Is this normal? – CG

**A** Very normal – the "wet spot" is a lot more likely to come from the woman than the man. All women release liquid when they become highly aroused and orgasm; for some it's just a few drops; for others it can be cupfuls that saturate the bed. It can trickle, dribble, gush, flood or squirt out.

The liquid is partly vaginal fluids and also from glands embedded in the female prostate, the now official term for the erectile tissue, or urethral sponge, that surrounds the urethra. (This is the corrugated-like G spot that you can feel on the front wall inside her vagina.) So just lay down the towels (sheepskin's good, too, as the liquid doesn't soak through) and enjoy!



## SOLVE THE SEX PUZZLE

**Brain effect** "You need to turn off her amygdala, the fear and anxiety part of her brain," says Fulbright. "A relaxed mind and body allows her sexual response to kick in more fluidly."

Women respond quickly to erotically charged images. In fact, a study by Washington University school of medicine in the US found that their brains process erotic images 20 per cent faster than other images. Emotion helps, too. Levels of oxytocin, the chemical that kindles trust and bonding, rise in women after they watch romantic movie clips with supportive husbands or boyfriends, according to a study by researchers at the University of North Carolina.

**The key** Don't be passive. When a hot scene ends, ask her what she'd do differently if she were directing, and volunteer to be the male lead.

## SET A MUSICAL MOOD

Covertly load a specially chosen playlist onto her MP3 player.

**Brain effect** Certain brain regions fire up before sex, and a study found that similar ones become active if she connects emotionally to the tunes.

"For women, foreplay is everything that happens in the 24 hours preceding sex," explains Dr. Louann Brizendine, a neuropsychiatrist and the author of *The Female Brain*. "Your goal is to build a context for sex."

**The key** Upbeat songs that are harmonious can activate the pleasure centre of her limbic system, according to a study by McGill University in Canada.

Organise the songs to mimic the stages of arousal: playful (*Who Let You Go?* – The Killers) to passionate (*Sweet Disposition* – The Temper Trap) to intense (*Breathe Me* – Sia).