



## THE SEX COACH

Jacqueline Hellyer boosts your bedroom know-how

**Q** *My fiancée and I have been sexually active for about nine years, but lately she's been getting a tear in the perineum area. We always enjoy plenty of foreplay and it's not like I'm big or rough. How can we prevent this from happening?* — MN

**A** There are two possibilities here — infection or irritation. It's possible that she has thrush, even if she doesn't have obvious symptoms. She may even have dermatitis. A doctor needs to have a look and test her for infections. Her GP can do this and it's easily treated.

If it's irritation and you use condoms, she may have developed an allergy to latex, in which case you need to switch to non-latex condoms. Maybe she's not wet enough. If she's in her forties or later she may be menopausal, which can decrease natural lubrication and make her skin more sensitive. In this case, you need to use lube from a tube, preferably an all-natural product such as Sylk ([sylk.com.au](http://sylk.com.au)).

**Q** *My wife is pregnant and we're both very excited. But what's the best way to have sex in the later stages? Do we need to change anything about our sex life?* — PJ

**A** The best advice is to follow how she's feeling. Some women breeze through pregnancy, feeling sexier and hornier than ever before. For others, it's a nightmare of nausea, bloating and exhaustion. The middle months are often sexual heydays, as she's feeling gorgeous and her genitals are more engorged with blood than usual.

Towards the end, though, her tummy will get in the way, so choose positions that don't squash her: side by side, woman on top, man on top with you kneeling upright, and doggy style with plenty of support. Avoid vigorous thrusting, use pillows and cushions to keep her comfortable, and be aware that there might be more sensitive spots inside than usual.

Right at the end she might be too uncomfortable to have intercourse at all, in which case just keep cuddling!

Jacqueline Hellyer is a sex coach and author ([jacquelinehellyer.com](http://jacquelinehellyer.com)). Got a question for her? Log onto [yahoo7.com.au/menshealth](http://yahoo7.com.au/menshealth).



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### YOUR KRYPTONITE GOOD LOOKS

While you might be fixated on her scoring a perfect 10, University of Texas at Austin studies found that looks are far lower on her list. "Looks are less important to women because they don't indicate how fertile or committed a man is," says lead study author Dr David Buss.

### YOUR SUPERPOWER FEIGN AMBIVALENCE

"Beautiful women are also extremely insecure because they know their greatest commodity, their beauty, is only fleeting," says Kerner. "If you want to seduce a beautiful girl, you've got to communicate that you think she has other qualities to offer a life-long commitment."

And the best way to do that? Disagree with what she says. Studies from Arizona State University have shown that women are more attracted to men who initially disagree with them than to men who liked them all along. The reason? It's simply because when you come around to her way of thinking, or accept her argument as viable, she'll feel like she's won you over with her personality, not her looks.



### YOUR KRYPTONITE PARTYING

"Many women are put off by a man who spends a lot of time with his friends because it can be interpreted as having a lack of interest in commitment as well as indicating promiscuity," says Kerner. University of Texas at Austin scientists found this is a turn-off, even for women looking for one-night stands.

### YOUR SUPERPOWER BE A TEAM PLAYER

Hit the pitch, not the pub. A Canadian study by researchers at Laurentian University found that women are more attracted to men who play team sports. The theory is that they're good communicators, athletic and able to sacrifice their own needs for those of the group. If you ask her along to watch, offer her a lift home afterwards. A study in the journal *Evolution and Human Behaviour* found that women considered chivalrous gestures to be a sign of commitment.

But don't tell her about your annual golf trip. The Laurentian study found that women rated men interested in sports such as golf or running as even less attractive than couch potatoes because they interpreted solitary exercise as displaying selfishness.



### YOUR KRYPTONITE MONEY (AND YOUR LACK OF IT)

Studies published in the *Proceedings of the National Academy of Sciences* have shown that women are attracted to wealthy men.

### YOUR SUPERPOWER EARN HER TRUST

A University of Iowa study found women are more attracted to men who are faithful and trustworthy, over rich men. "While studies have shown that women are attracted to wealthy men, this is because they think big bank balances add up to greater support," says Kerner.

Average earners fear not. A study at the University of Central Lancashire in the UK found women prefer modest earners because they consider them more trustworthy.

Not prepared to give up your six-figure salary? "Emphasise aspects of your job that involve working as a team because this shows you are a good communicator," says Kerner.

And when you flash her a smile, slow it down. According to the *Journal of Nonverbal Behaviour*, men who let a smile spread slowly across their face were rated as more attractive, generous and trustworthy.