

BETTER SEX IN 24 HOURS

Use this one-day timetable to become 100 per cent better in bed and blow her mind into the middle of next week



7AM: BREAKFAST

Put some snap, crackle and pop into your sex life with Rice Bubbles. They are packed with high levels of the B vitamins thiamin and riboflavin, vital for nervous system function, according to Dr Allan Pacey, lecturer in andrology at the University of Sheffield in the UK. Better nerve function means more sexual pleasure. "As you age, your body has a harder time absorbing these vitamins, so you need to increase your intake," says Pacey. Make breakfast a cereal thriller. **Potential improvement: 8%**



8.30AM: YOUR MORNING RUN ... OR SWIM

You may already know that cardio kings reign in the bedroom, but researchers have now pinpointed the exact amount of aerobic exercise that will give the biggest boost to your sex life. "Testosterone levels are raised to their optimal level with 30 minutes of cardio daily, working at a perceived exertion of seven out of 10," says Jay Schinfeld, chief of reproductive endocrinology at Abington Memorial Hospital in the US. "But train vigorously for more than five hours a week and you're 50 per cent more likely to develop overtraining syndrome, bringing a significant drop in testosterone and libido."

On your days off from running, hit the pool. "Swimming's key sexual benefit is its emphasis on regular breathing and supporting your whole body, both of which are important during sex," says Schinfeld.

So practise your breaststroke. The frog-leg kick tightens inner thigh and pelvic-floor muscles, proven by University of Texas researchers to give better control during sex and stronger orgasms. Try to use a heated pool. "Swimming in warm water makes muscles and tendons more pliable, giving a greater range of movement that's directly transferable to sexual positions," says Schinfeld.

Potential improvement with either: 15%



1PM: LUNCH

Make the deli counter count by ensuring your sangers are on niacin-packed rye bread. The vitamin is essential for your production of histamine. "And your body needs histamine to trigger explosive orgasms," says Pacey. Now make things even sweeter with a couple of pieces of dark chocolate. The cocoa contains methylxanthines, which prime your body to get more pleasure from sexual contact. Use the force of the dark side with 70 per cent cocoa dark chocolate. **Potential improvement: 12%**



4PM: AFTERNOON SNACK

Not an irresistible nibble maybe, but celery is packed with the pheromones androstenone and androstenol, which will give you a sexual charge. A study published in the journal *Fertility and Sterility* found men who chewed on celery felt more aroused in social situations. "The pheromones travel up your nasal passages and stimulate your brain to make you feel more confident and attractive," says Dr Alan Hirsch, neurological director of the Smell & Taste Treatment & Research Foundation in Chicago and the author of *Scentsational Sex*.

Now reach for your nuts. The brazil variety are the single richest source of vitamin E, proven in a study published in the journal *Reproduction* to play a key role in producing sex hormones and boosting blood flow to the genitals.

Potential improvement: 7%





6PM: AT THE GYM

Turns out size isn't everything after all. "Most men work muscles for size and strength, but longer-lasting sex relies on muscular stamina, rhythm and flexibility," says Dr Alan Riley, professor of sexual medicine at the University of Central Lancashire in the UK.

US researchers at Duke University found men who incorporated low-resistance moves – focusing on lower-back and hip flexors – stretched their bedroom performance by more than a third in just a month. "It's the smaller, supportive muscles that make all the difference," says Riley. Use these three moves – all from the Duke study – to bulk up that smug grin.

LYING GLUTEAL BRIDGE

(glutes, hamstrings, abs, pelvic floor)
Lie on your back, knees bent 90°, feet flat on the

floor, arms at your sides, palms down. Squeeze your glutes together and rise off the floor until your body forms a straight line from knees to shoulders. Hold for three seconds, slowly lower. Do 12 reps.

KNEELING CROSS-OVERS

(glutes, hamstrings, hip flexors)
Kneel in a push-up position then straighten your right leg behind you, angled to the right, toes touching the floor. Raise your right leg over your left, then lower until your right foot touches the floor just outside your left foot. Reverse the motion and switch legs. Do 20 reps of each leg.

SLIDERS

(shoulders, chest, triceps, lower back and abs)
Wearing socks on a slippery surface, get into a push-up position. Keeping your hands still, slowly slide your body back until your nose is pointing down between your hands. Now, slowly slide forward until your stomach is almost over your hands. Repeat for a minute, extending your range of motion.

Potential improvement: 33%



8PM: DINNER

The sexy choice is sirloin. "The protein in lean, red meat naturally boosts levels of dopamine and norepinephrine, two chemicals in the brain that heighten sensitivity during sex," says Sarah Brewer, the author of *Increase Your Sex Drive*. Steak's also stuffed with zinc – a mineral that boosts libido by reducing your body's production of prolactin, which interferes with arousal. And red meat also boosts your testosterone levels while limiting your body's production of sex-hormone-binding globulin – a substance that prevents bloodflow to the penis and reduces male sexual stamina.

Potential improvement: 11%



11PM: SET YOUR ALARM

A final thought: in sex, as in comedy, timing is everything. So, set your alarm because there's more to your 'morning glory' than that lingering memory of Megan Gale eating an ice-cream sundae. Testosterone levels peak at 7am, US research at Rutgers University found. The study also found average foreplay time now is double that later in the day, as your body's nervous system is still firing up. "Plus, regular sex, or even masturbating, at this time has been proven to boost long-term levels of the libido-boosting, feel-good hormones oxytocin and prolactin," says University of Sheffield biomedical scientist Dr Roy Levin.

And when you're rudely woken from your slumber, don't stifle that yawn. Yawning may seem about as sexy as a lycra-clad Tony Abbott, but German scientists at the University of Stuttgart found both yawns and erections are controlled by nitric oxide, and yawning can help prime the neurochemical pathways that make you rise to the occasion.

Potential improvement: 14%

Total potential improvement: 100%



SEX COACH

Jacqueline Hellyer boosts your bedroom know-how

Q *My dad recently opened up and told me he's had problems getting an erection since he had his prostate removed a year ago. What's his best plan of action to overcome this?* – GR

A Erectile problems after prostate removal are common. Some men do return to normal erectile functioning, but it can take a year or more.

To help the process, it's important that he learns to relax, as worrying about his erections will cause anxiety, which has the opposite effect to what he wants. So he needs to accept that erection difficulties are okay, and to let go and enjoy sex regardless of whether his penis is working well or not. It's a time to develop his sexual creativity and explore the less penis-orientated aspects of sex, he'll become a better lover because of it.

In the meantime, he can supplement with Viagra-type drugs to strengthen his erections. He may never return to full function, but he can take comfort from the fact he's alive.

Q *My partner has never had a problem with lubrication, even with quickies, until about two months ago. Now she feels turned on, but she's not getting wet. Why is this happening and what can we do to remedy it?* – BD

A Most women experience times when they're not lubricating, no matter how turned on they feel (the opposite happens, too). Stress and tiredness are common causes, so she'll need to look at her lifestyle to see what can be improved there. Even if she's mentally turned on, her body might be slower to respond, so make sure you take plenty of time to get in the mood before you move into intercourse.

Hormonal changes can also play a part, including going on the pill, becoming pregnant or menopause. Mild infections such as thrush can also affect lubrication, so she should see her doctor.

It's perfectly fine to use lube from a tube, preferably a natural one such as Sylk, my personal favourite.



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