



Give Yourself A Hand

**Pinpoint A Woman's
Sexual Peak**

The Luxe List

Date Night

What Effect Does
COVID Have

NEW BOOK!

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MAY IS NATIONAL MASTURBATION MONTH

A GREAT OPPORTUNITY TO MAKE TIME FOR YOURSELF, GET TO KNOW YOUR BODY, AND PRIORITIZE YOUR SEXUAL PLEASURE.

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Give Yourself A Hand This **National Masturbation Month**

Of all the lovers a man encounters throughout his life, there is only one who will never hurt him, never betray him and always bring him satisfaction. His left hand will always be his most dependable lover. In fact, masturbation is a healthy action, both mentally and physically. Orgasms are essentially the same. Whether the orgasm takes place while you are by yourself in the back of your car, or during sexual intercourse. An orgasm causes your body to release endorphins, hormones that block pain and make you feel good.

In case you didn't know, May is National Masturbation month. As if you needed an excuse to "adjust yourself", celebrate the festivities with some quality alone time. Except this time, be cognizant that masturbation is a very healthy activity. Thus, to contrast popular belief, masturbation does not cause blindness or shrink your genitals.

History's Perceptions of Masturbation

History has not been kind to masturbation. In fact, before the 1700s, traditional Christians condemned masturbation on religious grounds. The act was sinful because it was not the natural function of sex. Masturbation was once thought to be the cause of a long list of medical ailments, such as insanity, impotence, and according to a British physician's diagnosis in 1743-45, being "productive of the most deplorable and generally incurable disorders."

Samuel-Auguste Tissot, a Swiss physician, published a medical paper in 1760 that reasoned that semen is "an essential oil", and the loss of which would "cause a perceptible reduction of strength, of memory and even of reason; blurred vision, all the nervous disorders, all types of gout and rheumatism, weakening of the organs of generation, blood in the urine, disturbance of the appetite, headaches and a great number of disorders."

Ancient history was actually more sympathetic to masturbators. Early civilization connected human sexuality with nature, as a result masturbation was perceived as a natural condition of human nature. Prehistoric rock paintings from around the world depicted women digging for glory. The ancient Greeks considered masturbation a healthy substitute for other sexual delights.

Masturbation is Healthy

The healthiest aspect of masturbation is that it is a safe way to get your rocks off. Masturbation allows one to experience an orgasm without the risk of an STD or getting pregnant. [According to Planned Parenthood](#), here is a list of healthy benefits of masturbation.

- Release of sexual tension
- Reduce stress
- Helps one sleep
- Improve self-esteem
- Relieve menstrual cramps and muscle tension

Effects on Pelvic Floor Muscles

A previous GAINSWave article entitled [Can Pelvic Floor Physical Therapy Help with Erectile Dysfunction](#), explored the importance of the pelvic floor muscles in regards to a sexually functioning male. If you are peeing and then suddenly stop, you feel the pelvic floor muscles at work. Weak pelvic floor muscles can contribute to erectile dysfunction. As a result, it is a good idea to keep those muscles fit and toned. Masturbation accomplished such a noble task.

This group of muscles also exists in females, including the vagina and uterus. As with men, failure to keep those muscles lean, could result in female sexual dysfunction. Weak pelvic floor muscles are commonly associated with bowel and urinary incontinence and constipation.

Cascade of Hormonal Benefits also Gush From Masturbation

As mentioned earlier, masturbation releases endorphins into the body, which reduces pain in the body. In addition to endorphins, oxytocin, which helps the body regulate stress, pain and fear; as well as serotonin, which helps the body reduce stress are also released into the body as a result of choking the chicken.

This gush of feel-good hormones have various effects on the body. Masturbation increases relaxation. One will be tasked at finding a more effective sedative than going to the palm prom. It also increases relaxation, and reduces stress, like headaches.

Partnered Sex

The ironic thing about masturbation is that it improves partnered sex. For starters, masturbation allows individuals to develop a sexual appetite, and formulate their own sexual strategy. In addition, masturbating with a partner is a great way to illustrate exactly what you like.

Masturating with your partner is one of the most personal levels of intimacy. By allowing your partner admittance into this freaky-deaky side show, you are allowing them to witness something that no one has ever witnessed before. Undoubtedly, such trust will strengthen the relationship. Communication in the relationship will also improve, as the two lovers will now coexist on a much deeper and intimate plane. Mutual masturbation will allow partners to feel more comfortable discussing their bodies and what makes them feel good.

Masturbation Helps you Last Longer

Lots of guys struggle with sexual duration. After thinking about sex for so long, when they finally start undressing with their partner, an ill-timed eruption before the pants are even off, will certainly rain on any sexual parade.

Masturbation is a good way to contain the tidal wave. By adjusting oneself a given period before sex, it may take longer to become erect and orgasm. Sex is an extremely complicated process, and no two people are the same. You need to discover your own effective process.

Decreases Chances of Cancer

Do you really need another excuse to masturbate? Okay. How about according to a Harvard Health [study](#), frequent sex or masturbation lowers one's risk of prostate cancer. The research concluded that of the 32,000 men tracked over 18 years, those that ejaculated the most (sex, masturbation, or puppet shows) had a 20% lower chance of prostate cancer, compare with those who ejaculated less.

Conclusion

Just a few hundred years ago, well respected physicians denounced masturbation as a source of lunacy. Now we know better. Science has revolutionized the benefits of masturbation. It is not something to be ashamed of. Rather, openly talking about it and participating in the process of masturbation together with your partner is very healthy for the relationship.

Masturbation also has a lot of healthy benefits as well. It can help you sleep, fight cancer, and it makes you feel really good. As usual, the ancients were right when they connected masturbation with nature. As the winds blow and the rivers pour, masturbation is a common human behavior that makes one enjoy life.

HOW TO PINPOINT A WOMAN'S SEXUAL PEAK

BY SUSAN BRATTON



Genuinely enjoy the most outrageous sexual adventures together...

A woman's sexual peak is not at 18 years old and it's not at 35... Contrary to urban legend, a woman's sexual peak comes at whatever point she puts her attention on her sex life... with or without a partner. Because our sexual growth is our own experience and does not require another person, we can reach our peak solo as well as through a lover's kind encouragement.

A LIFELONG JOY RIDE

A person's sexual maturation can be a lifelong joy ride, if they set the intention to be a sexual being at every age. Each decade brings new adventures and desires. We are constantly evolving sexually, as are our appetites for different experiences.

In our twenties, sex is new and we are learning the basics. We may experiment to "find ourselves" sexually, but this finding is a lifelong journey. In our thirties we may be focused on raising a family or winning at work. By the time we are in our forties, we begin to gently perceive our mortality. This makes many people strive to create sexual scenarios that want to cross off their bucket list. It may surprise you to learn that a midlife crisis can often trigger an explosion of sexual growth. Many women have their first orgasms in their forties.

In our fifties, we begin to let go of perfection and become a bit more sexually confident. In our sixties we hit a sweet spot of accumulated sexual skill with lots of patience and more time to explore. Many Tantric lovers are in their midlife, called to

find the spirituality in their sexuality. In our seventies, if we've taken care of our health, kept our genitals in good shape with GAINSWave and FemiWave treatments, PRP, red light therapies and other sexual regenerative technologies, we can continue to expand our orgasmic potential and intimate connection. Many folks in their eighties and even nineties are having satisfying sex. Your sexuality is part of your overall vitality and your lust for life. Bottom line? It's never too late to become a sexual superstar.

REMOVE THE ROADBLOCKS

Because of our cultural baggage, including slut shaming, patriarchal styles of sex, sexual abuse and trauma, body image issues, fear-based sexual education, the Madonna Whore conundrum, and other constructs that shut down a woman's sexuality, it takes many women years to feel confident enough to listen to their bodies and ask for what they need to be sexually satisfied. And those are the lucky ones. Most women give up on sex because it hasn't satisfied them and it's easier to avoid than be continually disappointed.

Add to this road of speed bumps the fact that men, being testosterone-dominant, are generally more horny on a daily basis. Comparatively, women ebb and flow in estrus (their horny window) over a 28-day moon cycle even after menopause. We gals are more likely to want sex around ovulation, instead of every day. Count 9 days from the start of their period or the full moon to pinpoint their most likely time to welcome your advances. And even though females have the same amount of erectile tissue in our genitals that creates the pleasurable sensations of orgasm, we are slower to engorge or get erect. Yes! Women need to get erect too. Our

male-bodied partners have the benefit of lightening-speed hemodynamics or blood flow to the penis. This gives them fast acting erections, making them ready to have sex much sooner than their female partners. Most women have been rushed into intercourse too often, making it very hard for them to achieve orgasm from the act. If you don't climax from penetration, or your partner can't last long enough to satisfy you, you are less and less likely over time to want to make love.

All of these differences between the sexes can be confounding to the men who want nothing more than to give their woman incredible sexual pleasure. Often men are extremely frustrated and don't know what to do to get their woman to want sex, enjoy sex, have orgasmic bliss — much less ever initiate sex. Over time this can feel like rejection to a man. He will withdraw emotionally and without him being the champion of the couple's sexual adventures, the sex wanes and the couple becomes begrudgingly platonic.

"I want what they are having!"

When a couple is having amazing sex together, you can see and feel it in the way they connect with each other. Sex is healthy. It's good for us. It keeps us young. And when we are not having it, we prematurely age and miss the heart-connected, hormone exploding, pleasure-filled experience that is our birthright.

FOUR FUNDAMENTALS OF SEDUCTION

The trick to having lifelong great sex that keeps getting better with age is understanding that there are some basic fundamentals of the man/woman sexual dynamic that you can shortcut so you don't end up in a sexless relationship. If you're in a same sex relationship, these tenets can still hold true. Here are four fundamentals of seduction:

1) If you're the high desire partner, turn around, SLOW DOWN (and then slow down some more) and help your lover get into their sexy state of mind and body. Arousal begins in relaxation. Foreplay can be as sensual and satisfying as the sex itself.

2) Stop trying to "get sex." Get present and connect your hearts and you'll increase your chances of generating some delicious pleasure together. The more you give without expectation, the better chance your partner will get in the mood. Nobody can perform under pressure. When your expectation is sensual fun, rather than penetration, more penetrations become available.

If every time you touch your partner it's to get sex, they will

begin to avoid you. Recreate trust by simply enjoying holding your partner, giving them butterfly kisses, massaging their body wherever it wants touch, and verbally expressing your adoration. These are the keys that unlock the lust.

3) Make your lover many sensual offers. The more "right sized" the offers are, the more often they will say, "yes!" Rejection comes from making offers that are too big. "Do you want to have sex," is too large an offer. Perhaps, an offer for cuddling, a massage, or even just a walk in the woods to get the blood flowing would be met with enthusiasm. From there you can slowly escalate. In this free guide, [More Sex More Often](#), you can discover how to effortlessly make offers that lead to way more sex.

4) You can help your lover explore their sexual potential by assuming the role of the sexual trainer in your relationship. YOU're always training your partner, either implicitly or explicitly with your behaviors. Why not activate your masculine sexual leadership? When you introduce novelty and variety into your sex life, lovemaking becomes an adventure.

THE 3 KEYS OF A MASTER SEXUAL TRAINER ARE:

- 1) Appreciate
- 2) Communicate
- 3) Incubate

Why is your partner going to love being trained by you?

- You'll show them you are fully there (present and attentive).
- You'll reassure them that you feel their turn-on—even if they are still searching for it.
- You'll make it safe and exciting for them, and value their feedback.
- In return, they will get the message that you mean business... you are going for the gold... their gold!
- Do all this... and they will naturally want to learn even more... including what you like to give... and receive.

As a sixty year old woman, I'm having the best sex of my life. And I keep saying that year after year after year because my husband and I keep appreciating, communicating and incubating new ideas to co-create pleasure together. Once you get into this sexual training mode, you begin to train each other toward even more new fun ideas. And that's the best thing about sex. It keeps on giving. It can always get better. There is no limit to how much pleasure you can have. You can have a renaissance in your relationship at any time and at any age. Keep the faith and work the system and you too can have the most outrageous, life-affirming sexual pleasure of anyone you know.

SUSAN BRATTON "Intimacy Expert To Millions  is a champion and spokesperson for the GAINSWave and FemiWave treatments for ageless sexuality. Author of 35 books and programs, publisher of the legendary seduction-with-integrity program that includes how to be a Master Sexual Trainer: [The Seduction Trilogy](#). Susan has been featured on ABC, CBS, NBC, Fox, CW, and the Today Show as well as top podcasts, radio shows and websites providing sexual wisdom such as these seduction strategies that work.

Luxe List

We always want to give our loves the best of everything. After all, considering everything that they do for us, they deserve nothing less. If only you could dip your hand into the sky and remove the moon, and then wrap it up - then, you might have an appropriate gift for your loved one. But celestial objects aside, here are some objects that might be considered worthy substitutes.



MONOGRAM STUDDEN TRAVEL MUG - \$995

Bet you never thought it possible to look so chic and elegant while drinking Doctor Pepper. This is it! A Versace travel mug glittering with crystals. For about \$1,000, I better be able to smoke those crystals! Style knows no boundaries. This Versace travel mug allows one to travel in style.

NeimanMarcus.com



CHANEL HANDBAG - \$5,700

Even the most beautiful women in the world, will seem more seductive with a Chanel bag wrapped around their shoulder. That is just the way the cookie crumbles. At almost \$6,000, the price tag may seem steep, but when it comes to designer handbags, it is not difficult to find more expensive ones. This lambskin bag is available in a variety of colors.

Chanel.com



SMALLEST UNDERWATER SCOOTER - \$599

This sleek, powerful and stylish underwater scooter, allows one to cruise the darkest depths of the ocean without breaking a sweat! The device can zoom up to 3.5 miles per hour. Plus, it could dive down 131 feet. The battery lasts up to a half an hour, so be sure not to run out of juice too far from land.

SharperImage.com



INFRARED SAUNA BLANKET - \$599

This sleek, powerful and stylish underwater scooter, allows one to cruise the darkest depths of the ocean without breaking a sweat! The device can zoom up to 3.5 miles per hour. Plus, it could dive down 131 feet. The battery lasts up to a half an hour, so be sure not to run out of juice too far from land.

HiguerDose.com

Date Night

Summer is right around the corner and the days are gradually becoming longer. The month of May is a time for lighter beverages. May is the perfect time of year for this author's favorite beverage, the Moscow Mule. Spicy ginger beer, vodka and lime juice are all you need to make this mouth watering temptress.

You will not feel guilt drinking one, two, three or even twelve or more of these, because they are composed of all natural ingredients. Most other drinks such as Long Islands, bloody mary's, sex on the beach are so loaded with mixers and sugars, it is difficult to stomach more than one.

Traditionally, the Moscow mule is drank from a copper mug, which amplifies the cold temperature of the drink.

INGREDIENTS

- 2 oz. vodka
- ½ oz. lime juice
- 6 oz. ginger beer

RECIPE

- Put lime juice in the container. Ideally, the lime juice will be freshly squeezed.
- Add ice cubes.
- Pour the vodka.
- Pour the ginger beer.



WHAT EFFECT DOES COVID HAVE ON ERECTILE DYSFUNCTION?

Okay. I get it. It is a free country - you get to choose whether you want the vaccine or not. Those determined not to be vaccinated, may not care much about the well-being of their coworkers, or friends or children. I wonder if they would get vaccinated if it meant that they were at risk of losing a sizable chunk of their penises.

A podcast airing three years now, appropriately entitled "[How to Do It](#)", gives advice to Slate readers regarding anything related to the birds and the bees. The questions have become markedly more bizarre as our planet has been ravaged by COVID. Once upon a time, a guy may lie awake all night thinking of how to court his love interest. Now that the city is in lock-down, he spends that time navigating through internet porn.

One letter to the podcast summarized the agony of an extremely disheartened gentleman. This fellow is in his 30s, and he caught COVID. He became very sick and spent time in the hospital.

"When I got out of the hospital, I had some erectile dysfunction issues," he told 'How to Do It'. COVID impacts a man's sexual well-being. This is a known fact. According to a [scientific study](#), COVID-19 causes an increased likelihood of erectile dysfunction.

The man's letter continued though. According to him, before his illness, he had an "above average" sized jack-hammer. But after COVID, his penis shrank. "Now I've lost about an inch and half and have become decidedly less than average."

The man was advised by a doctor that his penis problems were vascular damage caused by COVID and that such problems were permanent.

CAN COVID REALLY SHRINK YOUR PENIS?

Although not much is known about the connections between COVID and erectile dysfunction, some published studies have made tentative links between the two. One "tiny" [study](#), by the University of Miami Miller School of Medicine, examined the penile tissue of four men who had all contracted COVID. Months after the infection was gone, scientists could still find traces of the virus in the genital areas of the men.

Researchers concluded that traces of COVID remain in the genital area long after the virus has left, because the virus restricts blood to the penis. Proof that COVID can actually shrink a penis has yet to be established. However, several studies have verified that COVID does affect one's blood flow. This could result in erectile dysfunction.

Blood circulation problems are the most common cause of erectile dysfunction. After all, an erection is just a collection of blood in a penis. If there are problems in the body with blood circulation, whether it be caused by blood clots, diabetes, obesity, or something else, the body will have difficulty, or maybe will be unable to, amass an erection. Poor blood circulation is a possible long-term COVID effect.

HOW CAN COVID IMPACT ONE'S BLOOD?

Some people infected with COVID, acquire abnormal blood clotting. Blood clots can cause erectile dysfunction among other far more serious conditions such as kidney failure and strokes. This [WebMD article](#) concerns an increase of patients complaining about rashes, blood clots and strokes - all of which can be caused by broken blood vessels.

"The surprise was that this respiratory virus makes a beeline for the cells lining blood vessels, filling them up like a gumball machine and shredding the cell from the inside out," Li says. "We found blood vessels are blocked and blood clots are forming because of that lining damage."

According to a University of Florida Health [report](#), men with COVID are three times more likely to suffer from erectile dysfunction.

GAINSWAVE IS AN EFFECTIVE TREATMENT

One can treat their erectile dysfunction condition with a wide selection of alternatives: erectile dysfunction pills, like the successful Viagra; penile implants; pumps or even therapy. Some of these methods only last a night, while others are extremely questionable.

However, once we establish that one's erectile dysfunction is caused by blood circulation problems, there really is only one effective solution. If blood circulation is the problem, one must improve this defect. GAINSWave providers treat erectile dysfunction with the only FDA approved medical device for this condition.

Low-intensity extracorporeal shockwave treatment is safe, quick and non-invasive. The treatment consists of running a device over the groin area. The GAINSWave pulsating sound waves "shocks" the existing damaged blood vessels and then stimulates the growth of new and healthy blood vessels. The process disintegrates blockages which may exist in one's bloodstream. Don't take my word for it. Read the more than [30 scientific studies](#) that all validate the efficacy of GAINSWave.

CONCLUSION

Researchers, such as Joseph Katz D.M.D., a professor in the UF College of Dentistry, speculated that the correlation between COVID and erectile dysfunction could be even worse than statistics prove. The stigma associated with erectile dysfunction may cause countless men apprehension to report it. As a result, the actual number of COVID stricken men who now have erectile dysfunction could be much higher than reported.

As terrible as this news is for those who have had COVID, it will undoubtedly be good news for the men who have been vaccinated and haven't suffered from the condition because for them, the playing field just got a lot less competitive!

THE 21ST CENTURY MAN

“What is the journey of life for a man?” If I had a nickel for every night of sleep I’ve lost pondering this exact question, I would be a wealthy man. In the book, *The 21st Century Man: Advice from 50 Top Doctors and Men’s Health Experts to Make You Feel Great, Look Good, and Have Better Sex*, author Dr. Judson Brandeis attempts to answer this, along with a slew of other equally meaty inquiries.

To sum up *The 21st Century Man* in a single sentence : A healthy man is a happy man. Especially, as we become older, happiness and well-being is a vital component of our existence. But, according to *The 21st Century*, “health” is much more than exercising or eating right. The book is divided into sections on a man’s physical, emotional, mental and sexual health. Brandeis opines that happiness depends on the maintenance of each of these forms of health.

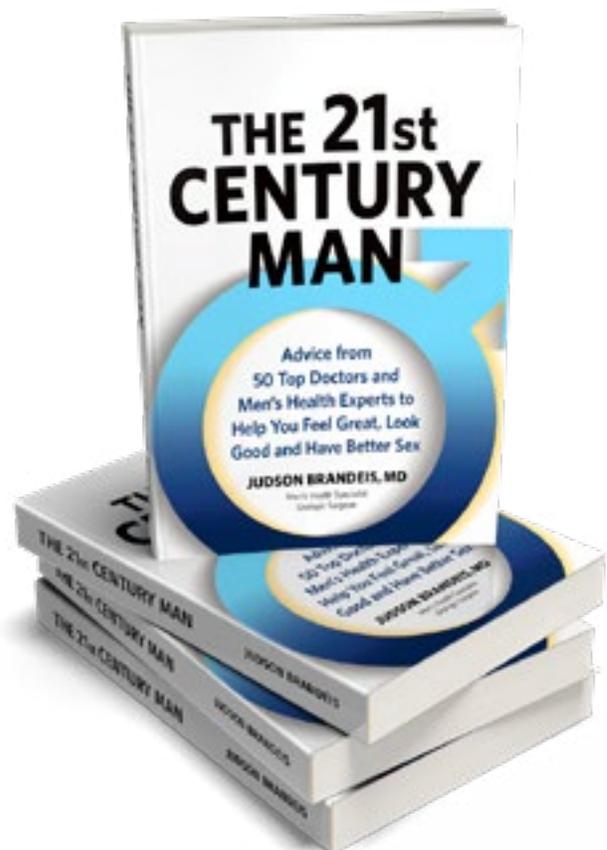
Dr. Brandeis is an established authority with men’s health, after decades of experiences as a urologist, surgeon, researcher, educator and a men’s health specialist. He was the Chief of Urology at John Muir Hospital for eight years. In addition, he taught courses all over the country.

However, to provide the most unbiased and up-to-date information available, accompanying Dr. Brandeis along this enlightening path, are 50 other medical specialists and men’s health experts. The reader is not subjected to a single point of view.

The chapter on relationships was quite eye opening. Although the book is one of the greatest sources of knowledge on MEN’S health, it states that one of the most important factors regarding relationships is how a woman’s own body may sculpt her mental and physical perceptions.

The book explains that our lives are based on three main pillars of health: feeling good, looking good and having great sex. With the direction of some of the top experts in each field, *The 21st Century Man* is an excellent source on how to attain each of these pillars, and also how to preserve such happiness.

The book also explains how a healthy body is achieved by having clean arteries. When arteries become so loaded with plaque, a man is more likely to suffer erectile dysfunction and heart attacks. By eating healthy, living healthy and feeling healthy, men can avoid most of the more serious afflictions of age.





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