

supercharged sex

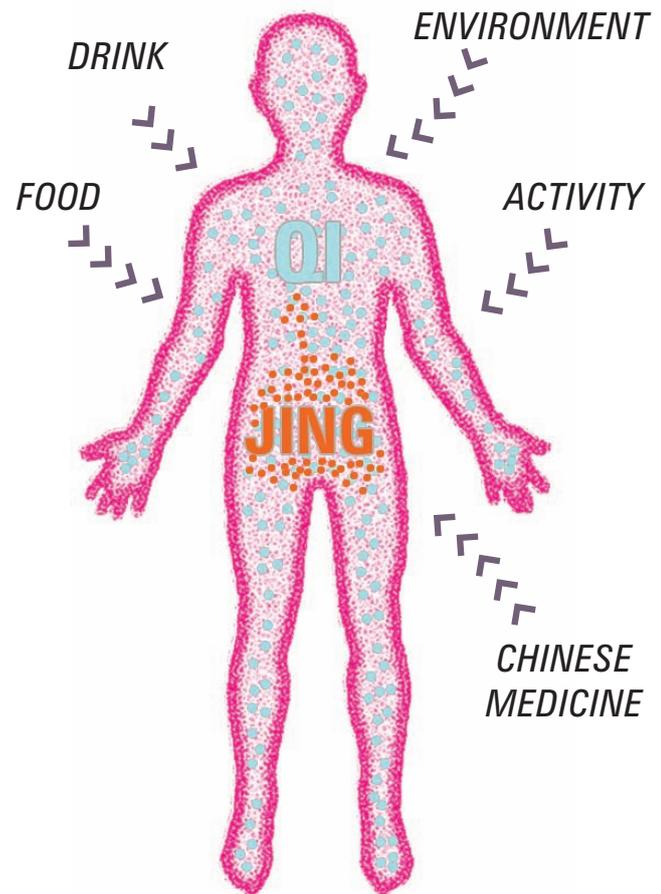
A healthy sex life is important. It is not only the ultimate communication of love and companionship but also good for your mental, physical and emotional wellbeing. Sex can soothe stress, depression and anxiety, it provides an enjoyable form of exercise and most importantly it gives and receives pleasure.

SEXUAL ENERGY

Chinese medicine believes that Qi (pronounced 'chee') energy circulates in and around us and is essential for life and good health. Qi is related to another primal energy in the body called JING which is a kind of sexual energy (although it's purpose is not only for sex). When you have sex there is an intense circulation and transference of JING between partners. This movement of JING can have great healing properties to rejuvenate but if used irresponsibly can lead to exhaustion and weakness.

To have a high libido and a great sex life, you need to have a lot of JING energy in your body and every time that you have 'traditional' sex you use up that energy. The JING is lost in body fluids and especially in semen. To make more sexual energy, JING is created by the body and stored in the kidneys. That is why people who indulge in excessive sex tend to suffer from lower back and kidney pain as their bodies are working hard to replenish their JING energy. If you overindulge regularly then this kidney deficiency can lead to other symptoms such as lower back pain, impotence, and other patterns of disorder.

Your JING is also affected by your diet, activity and environment. As you get older the first organs that begin to work less efficiently are the kidneys which is why your JING and libido may start to decline if you don't take tonics to maintain kidney health.



Am I sexually charged?

Some people believe that there is a simple way of testing the battery level of JING in your body. Imagine that you are urinating and then tense the muscle that would stop the flow of urine. If you really squeeze and concentrate on pulling energy round your buttocks and up your back, then you may feel a tingle of electricity running along your spine into your head through your Chong meridian. Many people believe that this tingle is JING energy. If you don't feel it (try testing it after a lot of sex when it should be low) then that may mean that your body needs to recharge, try to avoid sex for a day or so and then test again. If you are still low then you may want to take a kidney tonic like our YIN YANG TONIC to help your kidneys to store more JING.

HOW CAN I STAY AT MY SEXUAL PEAK?

1. TAKE A KIDNEY TONIC

This helps to maintain good kidney health so that your sexual energy can be recharged efficiently. This will lead to raised libido and improved sexual performance in many men suffering from impotence. A great herbal tonic is the YIN YANG TONIC which can be taken by anyone having a dip in libido, practising excessive sex or feeling that their age is affecting their sexual desires. This tonic is not like a herbal viagra but instead fills your kidneys with the tonics it needs to produce sexual energy. Women can also use this tonic, and it can be helpful with those suffering from menopausal symptoms and low bone density.



2. HAVE A HEALTHY LIFESTYLE

It should come as no surprise that the food you eat and the way that you live are really important for your sexual health. There are some very simple rules:

- **CUT FAT AND CHOLESTEROL** - The majority of those suffering from impotence or low libido are overweight and have a high fat diet. Being overweight means that you may have a low self image (which affects libido) and become exhausted more easily which leads to a lack of sexual activity. Also diets high in fat and cholesterol can lead to a narrowing of the arteries to the penis which can lead to erectile dysfunction.
- **EAT PLENTY OF FRUIT AND VEGETABLES** - A high fibre diet with plenty of fruit and vegetables is a great way to improve your sexual health. Try to especially eat legumes such as black beans which according to Chinese Diet therapy is essential for good sexual health.
- **DON'T OVEREAT WHEAT** - Bread, pasta and pastries can make you feel sluggish and bloated. This heaviness can lead to a lowering of physical desire and in Chinese Medicine theory can cause a lot of damp in the body which affects your sexual energy.
- **STAY HYDRATED** - Drink plenty of water, and tea. Ginkgo is a great way to improve blood circulation and help any erectile dysfunction.
- **EXERCISE** - We all know that regular exercise is good for us but it is also one of the best ways to improve a lagging libido. It also improves your sexual stamina.
- **DO NOT ABUSE DRUGS AND ALCOHOL** - These substances exhaust your body of JING when used excessively. This can lead to all sorts of erectile and stress related sexual dysfunction. Try to avoid completely or use in moderation.

3. DO NOT HAVE TOO MUCH 'TRADITIONAL SEX'

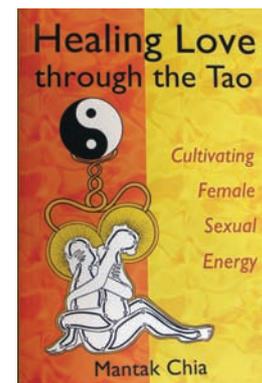
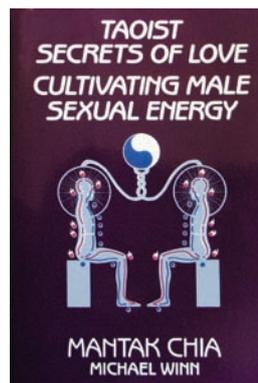
If you imagine that your JING energy is fuel then every time you orgasm in the traditional way, you burn up your fuel and your body needs time to replenish it. This is especially true for men. According to Taoists the number of times that you can safely ejaculate every week is dependent on your age:

Age 16-25 - 4 times Age 26-35 - 3 times Age 36-55 - 2 times Age 56 and older - 1 time

This may seem extreme, impossible and even a little depressing but you must remember that this is a Taoist theory in order to maintain optimum health. It does not have to be followed stringently but you should be aware that excessive sex will weaken you. Read on to find out how to have as much sex as you want without exhausting yourself but actually improving your energy levels.

4. PRACTISE TAOIST SEX

This is the holy grail of sex whereby both the man and the woman become multi-orgasmic beings who can indulge as much sex as they desire without exhaustion. With this form of sex your JING energy is not depleted but sex leaves you energised, satisfied and can improve your physical and emotional health. In taoist sex, both partners achieve multiple, full body orgasms without any ejaculation. These orgasms are longer lasting and more intense than traditional orgasms and the man is able to maintain erection after orgasm so the act of sex can last as long as you both desire. Taoist sex is a skill which requires knowledge and practice but once mastered allows you to enjoy mind blowing sex which also heals and empowers the body. To learn about how to practise taoist sex we would recommend reading 'TAOIST SECRETS OF LOVE' and 'HEALING LOVE THROUGH THE TAO'.



The difference between men and women

Let's face it, we are different on many levels, but the most fundamental differences lies in the realm of sex. A woman can receive her partner sexually for as long as she pleases and has a much higher sexual stamina. To the Chinese taoists this means that a woman is sexually inexhaustible. Men, however are much weaker sexually and ejaculation causes such a loss of vital JING energy that men can no longer maintain erection and become exhausted. This biological inequality and the deep seated insecurity that this causes in men is thought by the Taoists to be one of the primary reasons for man's historical desire to dominate women.

WHAT ABOUT HERBAL VIAGRA?

You may have heard shops and clinics advertise herbal viagra so here are the facts. Be very suspicious of anybody who claims to have a herbal pill that will work instantly like Viagra because the chances are that they will either not work or will contain pharmaceutical substances. There ARE herbal prescriptions that dramatically improve libido in both men and women but they usually work over a few days. They do not artificially create desire but tonify your body to 'fill up your sexual energy tank' and thus raise desire and improve erections in men. These herbs need to be prescribed by a reputable Chinese doctor after a proper consultation. For more information, come and ask us for some free health advice or book an appointment with one of our specialists.

COMMON SEXUAL COMPLAINTS

Many customers come to our clinic enquiring about sexual health and the majority seem to think that they are alone with their particular problems. The truth is that most people will suffer from some sexual health issues at some point and they all tend to be very similar:

MEN HAVE 4 COMPLAINTS

'I can't get it up' (impotence or low libido)

'I can't keep it down' (sex addiction)

'I can't come' (impotence or low libido)

'I come too quickly' (premature ejaculation)

WOMEN HAVE 2 COMPLAINTS

'I want it all the time' (sex addiction)

'I never want it and can't come' (low libido or painful sex)

At our clinic we have treated all of these conditions with great success using a combination of acupuncture and Chinese Herbs. Everyone suffers from these conditions for their own individual reasons and the skill of the doctor is to tailor treatment to you. However the most common syndromes that cause sexual dysfunction are:

- **KIDNEY DEFICIENCY** - This leads to low libido and impotence and can also cause lower back pain. It is the result of excessive sex, age or simply a diet/lifestyle that exhausts the kidneys.
- **LIVER QI STAGNATION** - Caused by stress, depression and anxiety. This often causes a lowering of libido and impotence but can also lead to an addiction to sex as a way of escaping concerns and premature ejaculation.
- **QI DEFICIENCY** - A general lack of energy due to over-exertion or an exhausting lifestyle. This can cause low libido and impotence.
- **PRE MENOPAUSAL SYNDROME** - Women who are experiencing the hormonal changes of menopause often find that it can play havoc with their sex life. Some women can no longer produce lubrication for sex whilst others suffer from a low libido.
- **OTHER PHYSICAL CAUSES** - Sexual health conditions can also be caused by other reasons such as physical injuries, diabetes, high cholesterol, nerve damage, drug abuse, hormonal imbalance and post-natal coolness.
- **OTHER MENTAL/EMOTIONAL CAUSES** - Your sexual health is affected by psychological conditions such as anxiety and low self image. Most premature ejaculation comes from over worrying and low libido can come from a low self image. Acupuncture and Chinese Medicine is great at helping relieve these mental worries. Sex addiction usually comes from psychological or emotional conditions.
- **THE PARTNER** - It's a sad thing to admit but sometimes the sex goes wrong when there's a problem in your relationship. If these compatibility issues are ignored then the sex won't improve.

There are other syndromes and combinations of syndromes that can lead to sexual problems. All of them can be treated very well with Chinese Medicine and our doctors have a lot of experience in this field. If you are interested in some treatment then just ask for some free health advice. There's no need to be shy or embarrassed, sexual health is so important and we treat these concerns every day.