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WHEN DOES MAKING LOVE IMPROVE YOUR HEALTH AND LOVE?

WHEN IS IT DESTRUCTIVE?

We all know sex can make us feel good or... not so good. However, did you know it can make you healthier - strengthening your body and love life? Alternatively, it can break you down and age you. Sex strengthens or depletes your energy, or Chi, as it is called in Eastern medicine, depending upon when and how you do it. Negative results can become so profound that couples may believe they are in the wrong relationship because of it. Positive results make you flourish. My hope for you is to have an enriching sex life, one that builds all aspects of your health, while consequently strengthening intimacy.

In Eastern medicine, sex has been used to build energy for thousands of years. Lives are extended, illnesses healed and intimacy made richer by having sex in alignment with the body's nature and ancient healing practices. Sex performs three very key functions in reference to energy.

Sex makes energy plentiful.

A deficiency of sexual chi can lead to infertility and other reproductive problems, to diminished desire, stamina and sexual performance and to failing memory and brain health, as well as problems in other parts of the body.

Sex helps energy move efficiently when and where it is needed.

If sexual energy does not move, it becomes unavailable for use, something like a car being stuck in a traffic jam. This can lead to many health problems including diseases in the reproductive organs, sexual apathy or compulsion and emotional problems. Lower back, knee pain and headaches are often diagnosed by doctors of Eastern medicine as being associated with a lack of sexual energy movement.

Sex, when done correctly, creates high quality energy that can fulfill its functions.

Vaginal dryness, for example, is a sign that the yin or feminine chi quality of moisture is lacking; impotence can be an indication that the yang or masculine chi in the pelvis is weak - as it is yang, hot and rising energy, that creates erections.

“5” WAYS TO ENSURE YOUR SEX LIFE STRENGTHENS HEALTH AND LOVE

1 Be awake! Have energy to spare. Many couples have sex after a long day when their bodies are too tired to register all the sensations generated by the act. When it isn't spectacular lovers can get confused. “Does it not feel as good because we no longer have chemistry or don't love each other as much? Has something vanished between us? And why don't we want it as often?” people ask me. The answer is, protect your love and health by being sexual when your bodies are up for a physically demanding activity. The sparkle will return! You wouldn't have your most important business meeting at 5pm on Friday because no one in the room would be at their best, why have the most important meeting in your love life at 10:20pm on a Wednesday night?

2 Show up! Servicing your partner sexually while staring off into space or thinking about kids or a work project disperses your energy in multiple directions at once. Your body is “doing it” while your mind is elsewhere. This creates energy stagnation and, according to Eastern medicine, sets you up for sexual, reproductive and other health problems in the future. If you aren't able to be fully present, perhaps you should take a nap, resolve an argument or get some exercise first. Then you can be “all in.”

3 Take your time! Is it possible to have a quickie and feel great? Sure, but you generate more energy between you as a couple and within your bodies individually when you make love slowly, allowing the heat to build over time. So take the slow and luxurious route through love making. Stop along the way and notice how much energy and chemistry you feel inside as you rest, holding one another close. Don't worry if an erection falls or you get lost in a fun conversation for a few moments. The energy generated by slow, persistent loving builds a warm loving fire between you that will remain even when you are out of the bedroom.

4 Wine, great food and sex don't mix! If you want your body and relationship to fully benefit by making love don't require that it do so after a large meal. Bodies draw a lot of energy and blood into the digestive system after eating so as to break food down. Sex, like exercise, simply doesn't work as well after a meal because your body is busy with the digestive process. There is less energy available to have the quality sexual experience you deserve. If you push against your body's needs for digestion time, don't expect it to perform optimally in bed.

5 Make love in the right temperature! According to Eastern medicine, when your body is too hot or cold, when winds from heating or air conditioning systems are blowing against your skin, windows are ajar, or rain and snow storms are affecting your immediate environment, your body must engage in protecting itself from the weather, whether you notice it doing so or not. This is a distraction for your body. It can't just focus on the tasks at hand but must also engage in protecting you. This is a strange concept for people from the West. But throughout Asia it is understood that one protects themselves from weather at all times. One of my great teachers, a renowned physician, wore a stocking hat even when he was inside to keep breezes from his head. Let your body have the best experience possible by making love in pleasant temperatures.



I expand upon this topic and others in my book, *Passion Play: Ancient Secrets For A Lifetime Of Health and Happiness Through Sensational Sex* and in many of my teachings. Click [HERE](#) to purchase a signed copy!

I hope you find this to be an interesting, thought provoking and inspiring article and that it motivates you to learn more in the name of dynamic health and a delightful, loving sexual future.

Thank you for your interest in my work. It is an honor to share it with you. Warmly,

Felice Dunas, Ph.D.