

# Sexuality & Health

by Liana, Certified Sexological Bodyworker™

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- Brief Introduction (Who I am, What I do & Why)
- Connections between sex & health
- 3 ways to ignite our sex lives (thus health)
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# A Romanian Sex Coach

- I dreamt I would be a beautiful wife to someone.
- I lived the contrast.
- And an abuse!
- I went to trainings to learn how to balance my sexual expression and keep myself in flow and in health.

# Sex & Health

**Relieves pain** - oxytocin (the love hormone) & endorphins (our body's natural pain killers)

**Relieves stress** - endorphins are natural mood boosters

**Boosts immunity** - endorphins stimulate the immune system

**Improves cardiovascular health (WOMEN ONLY)** - the estrogen, the increased blood pressure, increased heart rate and muscle activation for longer periods of time

**Skin glows** - estrogen keeps the skin healthy and promotes production of collagen (skin is suppler & glowing)

source: [article](#) on Chatelaine.com by [Natasha Turner](#), Naturopathic Doctor

# The Body knows!

We experience our life **through our bodies**.

Our current embodied experience of life **stressful & disconnected**.

**Our sexual expression suffers** as a consequence.

The way out: **awareness of our state, conscious discernment** of what is helpful (and what not) **& perseverance** to maintain a more relaxed lifestyle.

# 3 Ways to Ignite our Sex Lives

## 0. **Sexual Reproductive System in periodic check.**

(including the colon and the kidneys)

**1. Embody pleasure** – the foundation of balance, happiness & health

**2. Take a pleasure habit** – that keeps your sex *flow*

**3. Experiment occasionally** – different for everyone (knowing your body's erotic blueprints is important)

# Case Study

**Lucia**, married, 39, mother of a boy

Repressed sexuality growing up – no conversation, no role models  
No tenderness received from mother.

Lacked sexual experience. First time was painful.  
So she had her strong hymen removed clinically.  
That was the only solution she had for her sex life.

## **When coming to me:**

Didn't trust her feminine expression.

Didn't know what produced pleasure in her body.

No emotional connection to her husband.

Husband 99% at work.

She held a well paying job.

From 1 to 10, she accepted her body at 7 (when she came to me).

# On October 22<sup>nd</sup>, 2019:

Lucia feels better.

She knows she can grow.

She is no longer scared

It is all relaxation, she can feel better anything from a relaxed state.

She feels much better, she is much more aware of herself, she opened up more, she can share much easier and she goes to many femininity events & gatherings.

She discovered her courage through our work.

She overcame her barriers, she no longer feels like a robot in her body.

She has a much higher self-esteem.

She also knows there is help & there are solutions.

She cannot believe people come to her to ask for advice. She shares books, courses, advice & gives recommendations of people to follow.

She has her own woman „pack”.



# Thank you!



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