

America's PLEASURE COACH

Dr. Sadie Allison gives ideas on how to spice up your relationship and tells us whether it's wrong to look at another dame when you're with your woman.

Q I recently discovered that when I drink, my sexual encounters last longer. Is this a good thing or a bad thing? Should I keep drinking if I want to please my partner?

A If you and your partner are enjoying extra pleasure, then congratulations are in order. There's nothing wrong with you! In fact, the vast majority of women today *wish* their guys could last longer. But I'm not convinced this is a good idea. In most cases, alcohol impairs sexual abilities (and sensibilities). Often, it can give a false sense of confidence – which is the reason it's called “liquid courage.” So if you're that guy at the bar slurring his words and shaking his butt to the wrong beat, perhaps you can last longer in the bedroom – but is the trade-off disappointingly sloppy lovemaking skills?

Q I'm trying to add some spice to my relationship with my wife, but I'm having trouble figuring out how to do so. Can you give me some advice?

A *C'mon*, I'm sure you have at least *one* creative bone in your body! Use it – and not just in the bedroom. Keep your romantic surprises simple and sincere, then start adding up the nookie points! Reenact your first date, a memorable kiss or another special moment together. She may be shocked that you even remember. Buy her a sexy outfit and “hint” for her to model it for you. Visit a couple's sex toy shop together. Let her imagination wander, buy whatever she desires – and be prepared to use it! What's the thing she *always* wants you to do that you never do? More time kissing? Massaging her back? Well, do

it – and enjoy that spice!

Q I'm a fitness nut, but my girlfriend could care less about her body. And her negligence is, quite frankly, becoming a turnoff. What should I do?

A Start by focusing on your feelings for your girlfriend from when you first met, and how you saw beyond her physicality and enjoyed her for her. Think about everything you *still* love about her and ask how you can motivate her to take better care of herself. Be sensitive about her feelings as you talk about the problem. Tell her you're concerned about her health, you love her no matter what and you're there to help – yet you're disappointed she doesn't take more pride in her health. With enthusiasm, suggest taking regular walks or hikes as a couple. The one-on-one time will help build a healthier relationship. Of course, if she resists your suggestions for pleasurable hikes up a rocky road in favor of pints of Rocky Road, you may reach a point where you consider moving on. Your own feelings – and the desire for a partner who shares your fitness lifestyle – are important too.

Q My girlfriend of three years still gets mad when I look at other women when we're out together. She says I'm being disrespectful. Is there anything wrong with simply looking at another woman?

A Most women don't appreciate watching their man look at other women. It's a respect issue. When you're out with your lady, treat her with all the dignity she

deserves as a woman, a friend and your lover. Even if *you* think it's OK, gawking makes her feel insecure, inadequate, jealous and angry. Wouldn't you prefer to be out with a happy, secure, romantically passionate woman than someone who's seething at you? What if *she* started turning her head to gawk at every handsome young man in tight jeans who crossed your path? Just keep that image in mind next time you feel your eyes straying – and keep them focused intently on her. Of course, when you're out with the guys ... well ... just be sure to keep it in your pants! **ME**

Send your questions to
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Dr. Sadie Allison is a licensed doctor of human sexuality and award-winning author of best-sellers *Tickle His Pickle*, *Toygasms!* and *Tickle Your Fancy*.



For more of Dr. Sadie's tips on the ins and outs of sex, check out www.ticklelaty.com.