

ADieVice—Sex and the 55+ Crowd

SMILE...Your Active Libido Will Help You Live Happily Longer

Having Sex often is healthy! In my research...and many articles that I have read...one of the key components to longevity is enjoying frequent sex. Yes! An active libido will help you live longer and probably smiling all the time.

There are many components to enjoying sex. In my opinion, communication is the key to a successful relationship and one is never too old to learn how to communicate verbally as well as physically with that special person in their life.

Tell each other what excites you as well as what turns you off. Read books together on enhancing your relationship. You would be surprised at what a turn on this truly is...and I am not referring to porn. I recommend that you begin with *Love Her Right* written by Dr. Joni Frater & Esther Lastique...it will give you fabulous tips for Great Sex.

Firstly, one has to relax and be open to trying new positions and ways...especially as we age. Don't be afraid to experiment...there is nothing more beautiful than exploring the human body and the many erogenous zones on both you and your partner...and they are not necessarily in the same places with everyone.

Make love under soft lights or with just the light of the aromatic candles burning. Enjoying sex does not have to be in the dark. Share a warm bubble bath together or a romp in the shower.

TALK TO EACH OTHER!...about what pleases you...what turns you on. It is enormously exciting to share a close relationship that is enhanced by good loving...and a major component in achieving this is through communication.

Growing up in my era...post dinosaurs...the words penis and vagina were never spoken...they were considered dirty words. To this day, many people from my generation still have a problem identifying certain parts of their body by their proper names....without feeling uncomfortable and sometimes blushing. It wasn't until "*The Vagina Monologues*" opened (to many people's shock) that part of the "in thing" was to speak about our sex organs.

I sometimes wonder how two people can communicate openly and enjoy sex if they cannot identify their body parts properly without feeling uncomfortable. They are just unable to call their body parts by their proper names. Men have a Penis...not a Big John, Thing, Willie, Schmeckel, Big Ben, Wong, Wee Wee or John Thomas (Trey of Sex and the City always had problems getting his John Thomas to sail) and Women have a vagina...not a Flower, Fluff, Cat, Beaver, Hoo Hoo, Private, Box, Schmutsky or a Coochie.

Wake up my 55+ readers...men and women...if you have lived to be a baby boomer or senior, you have been through much in life...it's about time that you here no problem saying penis or vagina...for when they rendezvous at an exciting peak...it is paradise!

A recent letter from a fan suggested a sequel to "*The Vagina Monologues*"..."*The Vagina and Penis Dialogues!*" UMMMM Food for thought!

Adie encourages all singles 55+ to send their questions and opinions to ADieVice, 1515 N. Federal Highway, Suite 300, Boca Raton, FL 33432 or e-mail her at additude2239@comcast.net.

