

Midlife and Great Sex

Ravi and Ritu are both in their 40s. For the last 10 years or so they are worried about the physical changes that they are undergoing and how that has affected their sexuality. But they just can't seem to talk about it to each other openly. Though they have a fairly active sex life, it is far from satisfactory. Why is that? Studies indicate that sexual satisfaction is not related to ageing as much as it is to physical health and an individual's feelings about themselves and their sexuality. As men and women approach midlife - the years between 30 and 70, with 40 to 60 at its core --fears regarding sexuality begin to creep in. While men fear impotence, women become anxious about their looks and how to deal with menopause. In addition to bodily changes, men and women both begin to have different expectations during the midlife years - some of which may be hidden or unconscious. On the one hand, there may be some very positive feelings associated with sexuality. For instance, many women report heightened sexual desires after menopause. And couples may discover more free time with their children grown up, not to mention the freedom from unwanted pregnancies. On the other hand, as women grow older they may worry about losing their partner to a younger woman. And men may also feel concerned about not being able to perform well. As a result, they may withdraw from intimacy completely and feel inadequate. Does that mean that midlife is a period of sexual disinterest or a stage when you put sex on the backburner? Absolutely not. Doctors and researchers claim that midlife is a time when couples can have the best sex in their lives. For them, sex is not just a physical activity but an intermingling of the physical with the emotional and the spiritual, leading to a richer, fuller and more mature sex life than what they have enjoyed in the past. If you are in your midlife and can't rise to the occasion, here is a four part plan to help you rekindle the flame and have a great sex life even now: 1. **Awareness Be aware of your overall health:** Medicines, surgery, depression and health conditions such as high blood pressure or diabetes can affect sexual performance. Always check with your doctor what to expect.

Respect and plan for natural ageing: You need to realize and accept the fact that you are no longer in your 20s when you could expect an athletic performance every night. With age, your body too is slowing down. So relax your rigid preconceptions about lovemaking and make it a more leisurely activity. Midlife is the time to experience what you may have overlooked in your youth: a true sense of partnership in sex.

2. **Physical measures Start exercising:** You are probably aware that exercise is good for your health but do you know that it is good for your sex life? Exercise not only improves blood flow to the various parts of your body but will also make you look and feel better. Sometimes a negative self-image (which is common in midlife) can interfere with your enjoyment of sex. You could do stretching exercises for flexibility, aerobics for endurance and weight-bearing exercises for strength. Yoga, too, can improve sexual functioning by stimulating hormone production. Try to exercise with your partner so that both of you benefit

Vary the time: Morning or early evening can be more exciting for both partners than late night when you and your partner could be tired.

Increase time spent in foreplay: Indulge in plenty of foreplay as it will increase your interest level and get both of you in the right mood. Rediscover each other's bodies and don't be in a hurry to get it over and done with.

3. **It's all about attitude Plan a date:** Some women have reported that mid life is a great time for sexual activity. The children have grown up and flown the nest and they have enough time to spend with their spouse. Now is the time to plan a date with your spouse and do something that both of you enjoy. Go for a movie followed by a romantic candle light dinner with a glass of your favourite wine (do not overeat or over drink this will interfere with sexual desire and performance). This weekly rendezvous will ensure that you spend time with your spouse and reconnect with each other. Being mentally and physically relaxed, will enhance your sexual activity, making it more pleasurable.

Shower compliments: When was the last time you complimented each other? In a recent survey, it was found that midlife women were especially aroused by compliments on their appearance. Remember the initial days of your relationship when you used to shower your spouse with compliments. Try it again. It will add that much needed zing to your sex life.

Massage: The touch of your fingers, the light caresses as you massage your partner will act as a stimulant and arouse your partner. In midlife, it may take a little more time for your male partner to get aroused. If done correctly, a massage can do just that.

4. **Medical solutions Consider hormone replacement therapy (HRT):** During midlife, the levels of estrogen (the all-important hormone responsible for good sex) decrease and that's why in the west HRT is very popular amongst women. HRT improves blood flow to the various organs and makes sex enjoyable and comfortable in the later years. Estrogen is available in tablet form, skin patches or cream and helps prevent hot flushes in women, a common problem during midlife. As you approach your middle years, you may not be as 'hot' as you used to be, but don't let this affect your sex life. Try these tips and you will discover that sex at midlife can be the most rewarding experience of your life. It not only can but will be more emotionally satisfying and physically exciting. The secret is to know what's happening, prepare for it and accept it.

About the Author

Enzyte for natural male enhancement. Why not discover Enzyte for yourself?

[Enzyte review](#)

Source: <http://productsherbal.com>