

3 TIPS TO BOOST YOUR SEXUAL ENERGY

A THANK YOU from ThePassionZone.com



SEXUAL WELLNESS
FOR WOMEN

W/ALLIE THEISS

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Wake Up Your Sexual Energy!

The number one complaint I hear as a sex coach from my clients is a lack of sexual desire, labeled inhibited or hypoactive sexual desire by medical professionals. Clients with this problem tend to be past their 20's, single women, and women in long-term, monogamous relationships, partnerships or marriages. So basically – all women over the age of 35.

In this medicated world of instant fixes, a majority of the population that deals with this type of sexual dysfunction will contact their medical doctor for pill to “fix” it or worse yet; get fed up that nothing quick works and ditch their right to a vibrant sex life.

It is proven that a healthy sex life can help you lose weight as it boosts your metabolism. Orgasmic sex also gives you more energy, improves your physical health, sharpens mental acuteness, helps you feel younger, and more positive about life. Directly tied into you sexual energy is your well-being, ability to attract abundance, and your creativity.

Isn't it time to live a vibrant sex life on your terms?

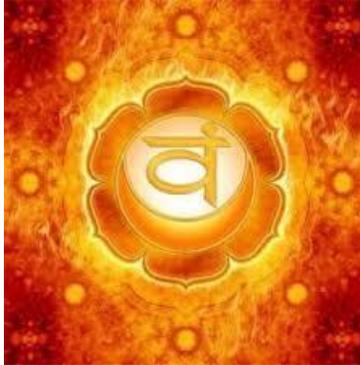


These 3 tips are simple, yet powerful samples of the magnificent wisdom that I share with my clients. If you're ready to go deeper into this work, I invite you to checkout my website.

Top Reasons Why Your Sexual Energy Is In The Toilet

1. You are taking SSRI drugs for depression and/or anxiety (nothing and I mean nothing nixes the sexual energy more rapidly).
2. Relationship problems.
3. You're single.
4. Suffer from heart disease, high blood pressure, cancer, diabetes.
5. Take medication to help live with #4.
6. Pregnancy.
7. Stress, anger, fear.
8. Sexual shyness due to cultural upbringing and/or religion.
9. Body issues and low self-confidence.
10. Uncomfortable living arrangements (living with your parents or your parents living with you).
11. Work and school environment.
12. Sexual abuse (past or present).
13. Perimenopause & menopause.

Sexual Energy Tip #1: Bring on the Orange



Orange is the vibrant color of the sacral chakra. In this chakra, which is located 2 inches below your belly button, is where you will find your creativity, abundance, well-being, and sexual energy.

The easiest way to give your sacral chakra a “pick-me-up” is to add more orange to your life.

There are 3 easy ways to add more orange:

1. **Eat more orange-colored foods:** oranges, tangerines, apricots, carrots, sweet potatoes, butternut squash, and pumpkins.
2. **Wear more orange:** sweater/blouse/t-shirt, panties, bra, socks, scarf, bracelet, pendant, and shoes.
3. **Place more orange in your environment:** lamp, blanket, bedroom sheets, bedroom walls, picture frames, stones (carnelian, orange topaz, sunstone), and flowers.

Sexual Energy Tip #2: Ylang Ylang



Ylang ylang (*cananga odorata*) is as exotic of an essential oil as it is a flower. The tree is grown on sun-drenched islands such as the Philippines, Java, and Sumatra with a few trees in Hawaii and Florida.

The sweet and soothing is a euphoric used to calm anger, anxiety, and fear – all three are common when a person is low on sexual energy. Ylang ylang stimulates the senses, improves self-esteem, promotes a sense of peace, and helps overcome frigidity.

It is helpful for the treatment of PMS, hormonal imbalance, erectile dysfunction, and to stimulate orgasms.

Uses

--Anoint yourself with a few drops on the temples, neck, breasts, wrists and ankles.

--Anoint your sacral chakra with a few drops and massage in with a clockwise rotation.

--Mix 6 drops of ylang ylang with an 1/8 tsp of almond oil (acts as a base oil). Using a clockwise motion rub the combination externally on your genitals.

--Place a few drops on a cotton ball or handkerchief and inhale when needed.

--Add six to ten drops in your bathwater.

--Place a couple of drops in a diffuser.

--Add a few drops to a spray bottle full of spring water and spritz your bed sheets.

Sexual Energy Tip #3: Latin Music



Latin music speaks directly to the sacral chakra. It opens, cleanses, and re-activates the energy. You can simply listen to the upbeat rhythms. Or you can get up and dance. If you decide to dance, the repairing of your chakra will happen quicker. No need to do the salsa, all you need to do is get up and move your body!

If your music library void of Latin music? Here are some suggestions from YouTube.

Romantic Spanish Guitar: <http://youtu.be/W1gdzevybLQ>

Mix - Latin music 2019: <https://youtu.be/gFZfwWZV074>

Best Latin Music Mix: <http://youtu.be/MGpqd-tqy3A>

Latin Playlist:

<http://www.youtube.com/watch?v=tLcfAnN2QgY&feature=share&list=PL99A4D4oF1277B6AC>

Bonus: Sexual Energy Drink



In the Amazon they have stands that sell sex drinks. I kid you not. Couples come up day after day and enjoy the drinks. Sometimes just one of the partner's will come to the stand - and take a drink back home to them.

These drinks combine the energy-boosting and sex-enhancing benefits of catuaba and muirapuama with the stimulating guarana - the caffeine-bearing, great tasting herb.

Mix the following in a blender until its smooth - pour, drink and enjoy!

- 1 cup apple juice
- 1 banana
- 2 tablespoons of yogurt
- 1 teaspoon catuaba bark powder
- 1 teaspoon muirapuama bark powder
- 1 teaspoon guarana seed powder
- A dash of vanilla extract

Many – MANY clients swear by this drink.

Note: If you find the taste too bitter – blend several seasonal fruits to the drink.

Last Thoughts

The holistic solutions given above for sexual energy (and sex/relationships as a whole) are only a peek into the dozens of holistic resources I use including energy work, essential oils, meditation, food (other than aphrodisiacs), love meridians & pressure points, and thought work.

The power of your sex life is in your hands. *Get your desire back!*

Who doesn't want to live an orgasmic life? Yet, for most of us, that concept is about as unreal as most fairy tales. What if you COULD make it real? This is my gift. I bet you know someone who could use these tips. I would be deeply appreciative if you'd share the orgasm bubble and send them to my site

ThePassionZone.com.

Imagine how fabulous this world would be if more of us shared that energy! Here's to improving the world, one orgasm at a time.

About Allie

Allie Theiss is a Sexual Wellness Coach for Women, energy specialist, and relationship intuitive. She holds a BA and Masters in Psychology, and professional sex coaching certification from Sex Coach U. Her advice style integrates the body with the mind, soul and emotions. Think of it as practical advice with a metaphysical twist! She is the creator of : Out of Body Ecstasy - a personal energy method using dreams, astral travel or telepathy, to enhance your sex life no matter if you are in a relationship or flying solo, and Energy Blending – the art of blending personal energy to give you the ideal relationship from the boardroom to the bedroom!

Previously she ran an erotica audio company for women called Whispers Media where she wrote the audio script, did sex toy reviews and sex Q & A. At that same time Allie was also the sexpert for the “L” Word online world in Second Life.

She had the honor of being a United States Businesswoman Ambassador for the Canada/U.S.A Businesswomen’s Trade Summit.

Allie is the author of “Out of Body Ecstasy”, and the bi-monthly publications of “The Amore Guide to...” and “Gypsy Girl Guide to...”

For more information please visit: www.AllieTheiss.com

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