



dr. kat
LIFE. LOVE. SEX.

Hi all!

I'm in super organization mode this time of year. I have so many projects going at once, I start to feel like a little deer in the headlights. In my younger days, I'd veer in the direction of any diversion I could find whether it was surfing, working out or god forbid cleaning my house and paying bills. But I've learned a thing or two about myself these past 42 years and that's that instead of getting overwhelmed by projects, I learn to change the energy into enthusiasm.

How do I do this you ask? I'll write out a to do list and pick the thing that I can accomplish the most quickly, then once I get my momentum going, I'll pick the next item that is time sensitive and so on until I end up doing the things that I want to do the list. Yes, I know I am tricking myself into getting things done but sometimes that is required when you are mom, wife and business owner. I also find that the morning (post-workout) is the most conducive time to simply get shit done. So I encourage you all to embrace your list of projects and find a way to get excited about them again. After all, I find that crossing off items on my to do list is akin to a decent orgasm.

Toodles,

KA xoxo

dr. kat's confessions

Four Solutions to Mature Sex Issues

It's an old wives' tale that we have to get less sexual as we get older. Yes, we may have a few more challenges to getting in the mood or finding comfortable positions in which to get it on but the beauty of it is that we also learn to slow down and smell the roses. We learn to truly appreciate the act and our partner with age in a way that we couldn't have when we were younger.

By this point most of us know exactly what we like and what we don't like. This means we can have the confidence in ourselves to communicate these desires. Truly, there does not have to be any bullshit after about 40. Experience brings knowledge and understanding of our relationships and how sex fits into it.

Most people report that sex does indeed become more fulfilling emotionally with age. A recent study found that men and women enjoy sex well into their 80s. Much longer than originally thought. Researchers interviewed over 3,000 older adults and found 84% of men and 62% of women between 57 and 64 were sexually active with another person within the last year.

Out of those, more than two thirds reported having sex with another person at least 2 times per month into their 70s and 50% were having that frequency into their 80s. Right on!

The following are a few of the most common sex challenges faced as we age and some of my suggested solutions:

Challenge

Body stiffness. Back issues.

Solution

[Sex Furniture](#), swings and other aids help you get into any position without pain.

Challenge

Enriching Sex Life

Solution

Tantra can help someone of any age gain more control over his or her orgasmic experience and deepen their bond to their partner. Here's a helpful [Kama Sutra positions video](#).

Challenge

Erectile Issues

Solution

Before you reach for that little blue pill, try [cock rings](#) and [penis pumps](#) to give you stamina.

Challenge

The Same Ol' Boring Sex

Solution

Introducing [Sex Toys](#) can be a way to find new ways to stimulate her (hello, G-Spot) and for you to enjoy the health benefits of [prostate stimulation](#).

[Read more here...](#)

PRODUCT OF THE MONTH



Slip this slender 4" [Panty Teaser](#) inside your favorite panties. The silky smooth silicone feels deliciously naughty before you even turn it on. It's shaped to nestle in with gentle curves that line up perfectly with your own. The Entice Juliette Remote Control Panty Teaser provides on-demand stimulation that you can wear under your clothes!

BLOG



Intimate Partner Violence

We all have specific images that come to mind when we hear the term intimate partner violence or the more widely used term domestic violence. Common pictures include women suffering under the control and abuse of their husbands, men who are subjected to verbal and physical abuse by their partners and the emotional trauma suffered by children who witness these acts in the home.

[Read more here...](#)

SOCIAL MEDIA LOUNGE



Doggie sex toys: maybe they'd stop mounting your neighbor's dog if they had access to this. Lol!



CRUSH

Ok, so yes, this month I am crushing on my own book, [The Married Sex Solution: A Realistic Guide to Saving Your Sex Life](#). I have worked with hundreds of couples of the years that wanted to improve their sex life. Through the years, there were several patterns that I used in treatment that proved to be successful over and over again. This is the program that this book is based on. It is simple and practice in is basically a self-help book for people who hate self-help books. And for a limited time I am offering the revised edition on Amazon for [\\$2.99](#). So check it out!

Look inside ↓



DR. KAT IN THE NEWS

Check out a few of the latest places where I've shown up!

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- [The Stir](#)
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