



dr. kat
LIFE. LOVE. SEX.

Hi,

Now that spring is finally here, we can all shake off the cold or for my Boston family and friends -- dig out of feet of freezing snow. Winter bugs definitely made their rounds this year, creating many challenges with parents of Petrie dishes (I mean, kiddos), to connect physically in the midst of running nose trails on pillow cases in what has now probably become your family bed. But alas, spring is the time to start anew and in this case reclaim your bed and intimacy. I have a few suggestions below for thawing out the ol' sex life. In the mean time, new projects abound.

I just got home from 12 flights in 9 days that included meet ups with sponsors, product developers, producers, agents, cable networks and filming my new infomercial with [Adam & Eve](#). It was quite a whirlwind and I hope to share some super exciting stuff that comes out of it.

By the way, my new book redesign is out! [The Married Sex Solution: A Realistic Guide to Saving Your Sex Life](#) is on [Amazon](#) for a smoking new re-introductory price of **\$2.99**. Get it and get your swerve back on -- I feel like maybe that's a saying that should be in Kimmy Schmidt's notebook of "stuff people don't say anymore" but you know what I mean.

Thanks for hanging with me ;)

ka xoxo

dr. kat's confessions

Five Ways to Keep Your Relationship Alive and Healthy

With the onslaught of red roses and pink champagne that blanketed Valentine's Day, couples might have easily forgotten what really matters in keeping their relationship fresh and new. Here are my five simple, yet often overlooked, ways to keep your relationship alive and healthy this spring.

Be Kind

You will get angry. You will disagree but research by the famed Gottman Institute states that if you can do it kindly, without contempt, your relationship will fair much better than the average Joe.

Learn to be proactive about your issues

You do regular maintenance on your car, right? Why wouldn't you offer your relationship the same time and attention? If something seems amiss, address it. It's a much better option than waiting until it's too late and everyone melts down.

Touch even when you don't want sex

It's important to have non-sexual touch be apart of your day-to-day relationship. This could be a handhold under the table at dinner or a touch on the small of his/her back at the grocery store while shopping. It will tell your partner that you care and when it comes time for you to have sex, you are both more apt to be physically open.

Learn to Be Silly

Seriousness, or even worse, apathy is not good for anyone's relationship. Relationships are to be enjoyed and if you can learn to blow off some steam every now and then, you'll typically get along much better in the long run. Always find the humor. Go out and do "silly" things together like roller-skating or take an improv class together. Another by product is that it'll make you feel younger too.

Maintain Your Identity

Too often in relationships, we are all expected to merge into one completely homogenous being. Couples think it's the sign of a healthy relationship. Lo and behold, that kind of relationship will only undermine your desire to stay together. Both of you should have time away from each other and have your own interests. There should be a balance between time spent together and time that allows you to be who you are outside of the relationship. It keeps it healthy for everyone.



PRODUCT OF THE MONTH



Want to find a new way to drive him wild? Try this new take on pheromones: [Lure Pheromone Lubricant For Her](#). It doesn't get any better than a lube that is also a pheromone to attract him and make him want you in all of the ways you desire.



BLOG



Hot Baby Making Sex

I know a lot of you out there are embarking on the parenthood trajectory and there's nothing like having to have sex that kills desire. Whether you are in fertility treatments or just "trying"

[Read more here...](#)



DR. KAT IN THE NEWS

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

- [AskMen](#)
- [Yahoo Health](#)
- [Your Tango](#)
- [She Knows](#)
- [Redbook](#)



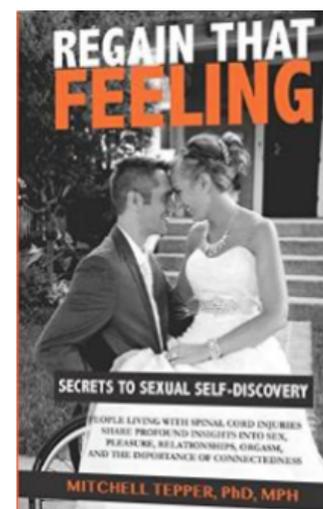
SOCIAL MEDIA LOUNGE

I couldn't help myself. I think Britney Spears and I need a pair of these...as seen on Instagram. Meow!



CRUSH

I worked with [Dr. Mitch Tepper](#) for many years at [SexualHealth.com](#). He recently published an amazing resource for those struggling with their sexuality after an accident or illness. The work is truly insightful and I hope you get a chance to read it.



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