



**dr.kat**  
LIFE. LOVE. SEX.

Sure hope your new year is off to a good start! I have lots of great stuff bubbling up...from my partnership with Adam & Eve, to being a spokesperson for Twinlab and Lavlin, to chatting with folks for a new reality TV show. Lots of fun stuff ahead, so stay tuned!

One of my goals for the new year is to stay in closer touch. As always, if you ever want to ask me a question, fire away!

**Happy Winter,**

*kat* xoxo

*PS - Check out some of my latest press hits: [Mantra](#), [HuffPo](#) and [Women's Health](#)*

*dr.kat's confessions*

**Why Keeping In Shape Also Helps  
You in The Sack**

**My Top Tips For Reasons Not To Stop Working Out**

We know that staying in shape means greater stamina in bed, plus more flexibility and strength to get into those crazy, fun positions, but it actually goes way beyond those benefits. Below are my top seven ways staying fit can increase sexual health:

### Mr. Happy

The more fat we all carry on our body the more estrogen we produce. Estrogen, can be quite the arousal killer, especially for men. It can actually cause the penis to shrink. Getting into better physical condition can make your Mr. Happy very happy.

### Blood Flow

One of the hidden benefits of exercise is increased blood flow throughout every region of your body, even the one between your legs. And for men, increased blood flow can mean a longer, stronger erection.

### Kegel Crunches

Pelvic floor exercises can help you have stronger PC muscles leading to more intense orgasms for you and potentially for him. Next time you're doing some crunches, try throwing in a few Kegels, too.

***Many couples that I've counseled, have told me when the woman began doing Kegels during sex, their husbands reported a massage sensation on their penises. Think of it as a pleasant vaginal friction hug.***

### Keep it Up

The Harvard School of Public health released a study stating that vigorous exercise 20-30 minutes a day for men will decrease your chances of suffering from erectile dysfunction.

### MEN-opause

Higher levels of estrogen in men, caused by those extra pounds, can also cause long-term desire to decline, similar to what happens when women go through menopause. Research has shown that it can take quite awhile for men's sexual desires to return after estrogen levels decrease.

### The Magic of Pheromones

We all release our own concoction of pheromones. This is especially true during sex, but also while working out. A little bit of physical exertion and sweat can really help to turn each other on. This is why the gym can be such a great place to meet partners or why post-workout sex can be so hot.

### Feel Good In Bed and Out

Research has shown that those who work out on a regular basis feel better about themselves. If you feel good about yourself you tend to be more open to exploring your own body leading to increased orgasms and even bonding between you and your partner.



## PRODUCT OF THE MONTH



Get your Fifty Shades on while working it out with these new ben wa balls. They are from the new official Fifty Shades of Grey toy line at [AdamandEve.com](http://AdamandEve.com). You can improve your orgasm intensity and that annoying dribble of urine when you do jumping jacks -- trust me, I know about this all too well. But heck, the new Fifty Shades movie is coming this month as well -- check out the [trailer](#), you could discreetly wear them for a turn on while you watch the show!

## QUICKIE NEWS



### The Four Signs of Divorce

John Gottman is a god in my field for a reason. His research has actually shown that he can predict with 95% accuracy whether a relationship will stay together or divorce.

[Read more here...](#)

## DR. KAT IN THE NEWS

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

- [Huffington Post](#)
- [Women's Health](#)
- [Redbook](#)
- [Ask Men](#)
- [Whole Foods Magazine](#)



## SOCIAL MEDIA LOUNGE

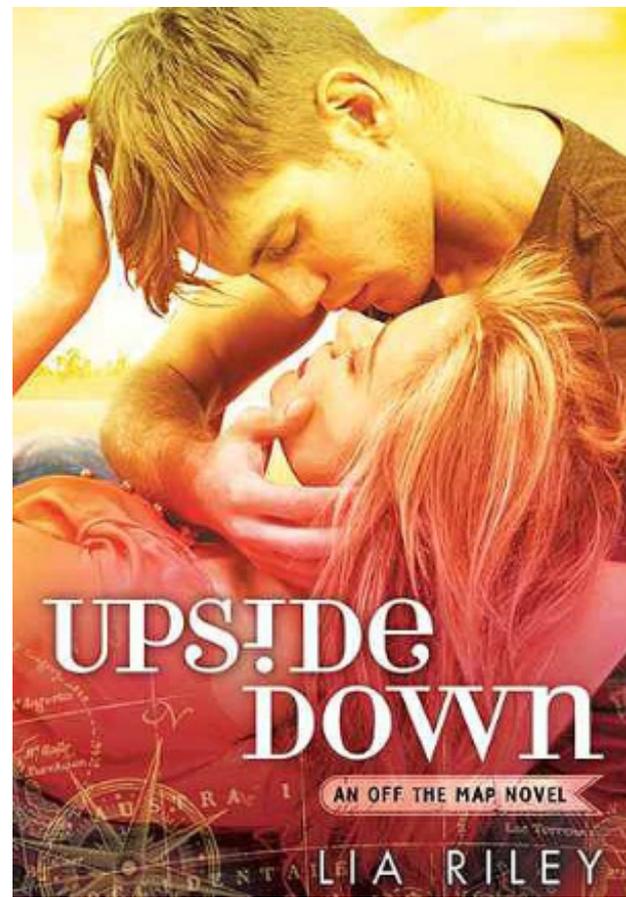
This [children's cartoon](#) featuring dancing genitals is the most WTF thing you'll see ALL DAY!



## CRUSH

Speaking of Fifty Shades, I just read the Off the Map series of new adult erotic romance novels by author, Lia Riley. They are smart, funny, a little twisted and the sex scenes are top notch. Plus, you can get the first book in the series, Upside Down at [Amazon](#) for only \$3.99. It's what you read after Fifty Shades.

I have mad love for Ms. Riley. Check out her website at [www.LiaRiley.com](http://www.LiaRiley.com).



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