


# THE SACRAMENTO BEE

## Magazine scene: Twenty sizzling sex secrets from Self magazine

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Heating up the bedroom can be difficult, but instead of referring to Position No. 20 (which you can't get your body into anyways), Self magazine offers some practical tips. In the November article "20 Sizzling Sex Secrets," 20 tips for hotter sex showed that no matter what the problem, you and your man can power through and have the sex you always dreamed of.

1. **Burning up.** Exercising can not only make you more fit and comfortable getting in the mood, but it can also increase testosterone levels, Mary Jayne Johnson, Ph.D., a spokeswoman for the American Council on Exercise, told Self Magazine. This can make you more sexually aroused, which can increase pleasure during sex.
2. **Lie in the sun.** Though it's getting colder and the skies are a big gloomier, Self Magazine interviewed Julia Ross, author of "The Mood Cure." Ross and a survey by Trojan, the condom-making company, said people are less aroused because they have less serotonin. Cure your deficit by going outside and getting some sun.
3. **Sip slowly.** Self magazine said women who have two glasses of red wine per day are more likely to be sexually healthy and desire their partner more than women who do not drink, drink other alcohol or too much red wine.
4. **'Til you drop.** While diamonds are a girl's best friends, shopping is pretty high up on the list too. Shopping habits show how likely women are to commit in relationships; those that are happy after a purchase tend to be happy with their partner, while those who shop around after getting the item they wanted tend to have issues with commitment.
5. **Go get 'em.** Despite the traditional rule of waiting for the guy to make the first move, Self magazine said a study in "Psychological Science" reported women who approached their guys first were more likely to find their guy attractive and of course, the women themselves were more confident.
6. **Stand by me.** Having loyalty to your man, even if it means lying to everyone else, can be a good thing according to a visiting professor at the [University of California at Santa Barbara](#). It can make you closer and let him know that he can depend on you.
7. **Love and order.** The old saying "opposites attract" is true according to Self magazine. The article states that couples sharing too many traits will have more conflicts than those who come from different backgrounds. For example, couples where one partner was the oldest child and the other was the youngest tend to work well. People who were the middle child have it made easy; everyone fits!
8. **Heart health.** It is important for reasons other than great sex, but that doesn't mean it isn't important to know that having lower cholesterol can give you greater pleasure in sex. A recent study in the Journal of Sexual Medicine showed people with higher "bad" cholesterol had "fewer orgasms and were less aroused, mentally and physically."

9. "That was soooo sweet!" He says he hates chick-flicks, but Self magazine said by watching romantic movies together and cuddling (it's inevitable; just face it), women have increased levels of oxytocin, which signifies bonding. Get those tissues out and be ready to cuddle.
10. Ready, set, write! Sure, moody kids write in their diaries, but couples do it too...and not just the ones in therapy! Self magazine said journaling about feelings and thinking problems through can help couples be more likely to stay together by 20 percent.
11. Flying north. Couples from the northeast and Midwest are more likely to stay together because of a multitude of factors, including higher education levels. However, the article also said having close friends to help listen to your relationship issues can help you no matter where you live.
12. Play it up. Competition not only makes you more confident and sexy; it also increases your testosterone levels and can make your sex drive rev into gear. So whether you're into sports or video games, go out there and play.
13. MASH. You probably played some weird compilation of names and questions to see if you were destined to be together with the high school jock at some point in your life, but even if you didn't, best get your pen out and write down some letters. Research at the [State University of New York at Buffalo](#) said people tend to be attracted toward things that are familiar. That means people with names that share more letters with your name tend to draw you in.
14. Lucky number 13. After 12 relationships, Self magazine said women are most likely to know exactly what they need in a guy and how to best make their next relationship work and last.
15. Just ask. Come holiday season, don't get him whatever you think will look cute and funny. By asking your man what he'd like for the holidays and actually getting him something he'll enjoy, your guy will feel a stronger bond with you. For women, we don't mind if we get a weird gift that doesn't quite fit; we rationalize our guy's inability to shop. We're just that kind.
16. "We." A couple that refers to themselves as a unit or a pair is happier than one that refers to each partner individually. By speaking in inclusive pronouns, couples show that they are bonding and sharing something they enjoy.
17. What's your story? Telling a positive story of how you and your man met can be a sign that your relationship is in a healthy stage according to a study at the University of Washington at Seattle. Couples that used negative or unenthusiastic words tended to break up later on.
18. Linking arms. While there are some areas of the body that are more well known for making couples feel romantic, touching the arm can make you feel lovey-dovey too! Touch arms like you mean it.
19. Sniffing you out. We might not notice it, but women are drawn to men with body odors that have a different immunity from theirs, according to Rachel Herz, Ph.D. in the article. Herz is the author of "The Scent of Desire." She said this could protect offspring from genetic conditions in recessive genes. That's evolutionary!
20. Neat freak. It might seem weird that you need to clean your room before you get down and dirty, but keeping your bedroom area clean can allow your mind to be clear and focus on the task at hand. And really, who wouldn't want to focus on sex?