

# Sex Secrets **Revealed**

Interview with Nancy Desjardins

with special guest  
Brigitte Mars

**Brigitte Mars**  
*Love, Sex & Health*

## **Interview with Brigitte Mars:**

Hello, and welcome to the Women's Health Academy. I'm Nancy Desjardins, and I'll be your host this afternoon, with our special guest, Brigitte Mars. And we'll be talking about:

### **Sexy Secrets Revealed!**

I mentioned in my newsletter that all these years in practice as a private consultant must finally be getting to me. Let's talk about that for a second: Amazingly, nine out of 10 clients have told me they have no libido — that's no sexual desire. None at all!

So I got to thinking: Let's do something about that. For me, that's the beauty of what I do — it allows me to add variety to my programs and what we can share together. Which explains why I feel like talking about love potions today, instead of my usual CLEANSE/DETOX/CONSTIPATION mantra, not to mention my 21-DAY WEIGHT LOSS program.

So let's start getting sexy in the bedroom. My special guest, Brigitte Mars, is standing by. And you're all invited to join the party. For those who sent in questions, thank you.

Brigitte, before we get started, I'd like to give a brief introduction for listeners who might not be familiar with you.

Brigitte is a nutritional consultant in Boulder, Colorado. She's been working with natural medicine for over 30 years. She teaches through private workshops and seminars, The Boulder School of Massage Therapy and the Naropa Institute. Brigitte also has a weekly radio show called "Naturally," she teaches raw food seminars, and is a professional member of The American Herbalist Guild. And if that's not enough, Brigitte is the author of 14 books!

I have several of Brigitte's books: I use them as trusted references all the time. I've posted some of her recipes on my blog, and even included them in my own 21-Day program. One of my favourite Brigitte Mars books is, you guessed it, Sex, Love & Health!! I love it so much, I give her book as gifts for Christmas and special occasions. This particular book gets a lot of attention when I have

visitors at my house!! It covers everything you need to know about health, sex and relationships. It really is an amazing, fun book.

Sex, love and health. That's what most of us have spent our lives searching for — although not necessarily in that order. The search may not stop here this afternoon, but I hope you'll get lots of information during our session.

Brigitte's aim this afternoon is to stimulate new thinking on ways to make love more beautiful, sex more pleasurable, health more vibrant and relationships more connected.

Of course, there is no single approach to sex, love and health that will work for everyone. But we can all let go of patterns that no longer serve!!

### **Let's get started. Welcome, Brigitte!**

**Nancy:** Brigitte, what inspired you to write the book Sex, Love & Health?

**Brigitte:** Well, I've been married for the second time, but I've been in this relationship for 31 years. About 14 years into being married, I started to see a lot of my friends going through divorces, being in therapy, and I feel that if there's something you really want to excel at in your life, you keep learning about it. If you're an herbalist, you keep learning; if you're an artist, you keep learning new techniques; if you're a doctor, you keep increasing your knowledge. Yet people get very complacent. They think, "Oh, I've been sexually active for 20 years," or "I've had 30 lovers" — or whatever the number might be. We just stop putting energy into it and I think that for many of us, when we find the right partner that we're going to stay with, and we're not going from partner to partner, there ends up being a sameness, the same thing happening all the time.

So I decided that I was going to keep learning about sex, and keep it spicy and juicy. There are so many techniques from around the world — from China and India, Tibet and Egypt — that are worth tapping into. So it was really for my own personal use because I was trying to enrich my own relationship, which it certainly has.

**Nancy:** You talk about exercises in your book. To be more specific — exercises to strengthen our love muscles! What would you say is the most effective exercise women could do to promote what you call the “urge to merge”? In other words, boost our libido and intensify orgasms.

**Brigitte:** Well first of all, sexuality is part of our whole health picture, and rather than seeing sexual function as something separate, in Chinese medicine sexual energy is governed by the health of the kidneys. So very often, if we have lower back problems, if we are exhausted and depleted, that's where we really need to start: building up our kidney energy. I'll talk more about that when we talk about foods.

I know we have some men on the line as well, so I'm going to give you some of my favourite exercises for men and women. Almost everyone's heard of Kegel exercises, and a lot of women learn about Kegel exercises after giving birth. It's the exercise where there are certain muscles you can tighten to stop the flow of urine. Men can also learn to stop and start the flow of urine as an exercise. You don't do this exercise when you're urinating, but some men need to do this when they're urinating so they learn what muscles to use. Both men and women have pubococcygeal muscles and you tighten and relax, tighten and relax by pulling up on the pelvic floor. You can also tighten the rectal muscles. This will help to prevent hemorrhoids. The reason men would want to learn to do Kegel exercises is because it will give them more staying power, so that they don't ejaculate sooner than they would like to. They can please their ladies better. And the reason women might want to do Kegels is because it does make you more orgasmic. It also helps prevent prolapse in your reproductive organs as you get older.

But here's another reason why both men and women should do Kegels: it helps to prevent incontinence. Right now in the United States, adult diapers outsell baby diapers, and that's because adults wear diapers for a decade, whereas babies might wear them for two or three years. So by learning to do these Kegel exercises, we can learn to prevent incontinence. Usually, I

recommend 21 Kegels: tighten and relax, tighten and relax the muscles that stop the flow of urine. Don't do it while you're urinating, unless you're just learning how to do it. Do it 21 times, 3 times a day. That's a real simple one.

In my book, *Sex, Love & Health*, I have directions on how to do another exercise called the Deer. I'll tell you how to do this one, too. It's a very powerful exercise, and it helps to regulate all kinds of reproductive concerns, whether it is irregular periods, endometriosis, low libido, or poor orgasmic ability. Men should do this morning and night. They should sit on the bed or chair, warm their hands by rubbing them together, and hold their testicles in one hand. Then, with the other hand, massage an inch below your navel 81 times. Switch hands, hold the testicles in your other hand and massage an inch below your navel 81 times in the other direction. Then do 36 Kegels.

For women, sit with your heel in your crotch against your clitoris. Warm your hands together and massage your breasts in a circular motion. I swear this works. If you want your breasts to get bigger, massage them towards your heart. If you want them to get smaller, go away from your heart. If you don't care, go one direction in the morning, the other at night. If you're really prone to breast cysts, go away from your heart when you're having breast cysts. Massage your breast, not the nipples, 36 times, and then do 36 Kegels. You can take a break during your menstrual cycle.

The Deer exercise, which is from the Daoist tradition, is said to promote longevity, slow the aging process, and it stimulates hormonal production. It's also a way of doing self-massage on very vulnerable parts. To check for breast cancer, to move stagnant energy, or for men, to check for prostate cancer, this is a very powerful technique.

There are more exercises in the book, but those are a couple I think are very helpful.

**Nancy:** It's a common complaint I hear from women: they gain a bit of weight, feel lethargic and have trouble sleeping. They suffer mood swings because of uncontrolled blood sugar levels. And if that's not bad enough, their sexual vitality flies out the window. And most of our problems can be traced to the foods we eat. What sexual superfoods would you recommend to change all that?

**Brigitte:** You know, I've been 99% raw foodist for the past eight years, and I do think raw foods are where it's at. In the raw food world, nuts and seeds are superfoods. They contain the life force to create new life. Anything that's good for fertility is also good for sexuality. So if anyone is thinking they'd like to get pregnant, know that if it's good for sexuality, it also improves fertility. Raw nuts and seeds: almonds, sunflower seeds, pumpkin seeds. Pumpkin seeds help to improve the male prostate gland. Both sunflower seeds and pumpkin seeds are high in zinc, which is a component of sexual fluids. Zinc is considered one of the sexy vitamins. All of those foods are high in Vitamin E. If you've ever looked at a bottle of Vitamin E, you've probably seen tocopherol on the label. All that means is to bring forth life, because there have been many years of observation that when Vitamin E is included in animal foods, it helps to prevent miscarriages and helps to promote healthy pregnancy. And I encourage anyone to eat more leafy, green vegetables, because greens are high in minerals.

It's also possible to have low libido because of low thyroid function, so I want to remind people to eat seaweeds: kelp, dulce, hijiki. There are some wonderful seaweeds grown along the Canadian coast. Seaweeds are so high in minerals.

Remember that sexual energy is extra energy. If someone is exhausted and depleted, it's part of your body's nature to protect itself and conserve the energy. So your body is going to say, "It's not a good time to make a baby." Our sex drive really has a lot to do with this divine plan to make children. I know we may think that having kids is not what this is about, but when we

are depleted, our body goes into protection to conserve our energy so that we don't get pregnant. It's natural for our libido to decrease in those conditions, so we want to be in the best health possible.

I know we'll talk about herbs later on, but other superfoods are roots, things like rutabaga, carrots, beets, burdock, turnip. Eat more roots. They're said to energize the lower chakras, the lower parts of the body.

The best thing is just to be in good health. I know that many men are taking things like Viagra for erectile dysfunction, but erectile dysfunction, if it's not emotional, is often a form of hardening of the arteries. If blood flow can't get to the genitals in men or women, it's going to be very desensitized there. So cut back on animal foods: meat, dairy products. If it's full of mercury, it's not so great. Wild caught fish from cold water is probably the best. You could certainly do this on a vegetarian diet as well.

But just as people are compulsively addicted to junk food, I think that people are on a quest for junk sex. Sex should be an expression of our highest being. Being with the right person. Every day, you read about someone who did something sexually inappropriate and they've just ruined their family life and their career, and now their picture is in the paper, because they couldn't keep their head together. We want our motivation to be for the highest good, and not let our sexuality govern us so that we make poor decisions. I'm sure that your listeners are thinking about making wise decisions about food. We also need to put that right energy into our lovemaking decisions.

**Nancy:** Most aphrodisiac beverages known to the general public are alcoholic. Yet the purpose of an aphrodisiac drink is to inspire passion and release inhibitions, not cause loss of control. What would be the perfect natural aphrodisiac beverage?

Shakespeare said, "Alcohol provoketh desire, but taketh away performance," which is a line I really like. People use alcohol to loosen inhibitions, but too much alcohol can cause you to make poor decisions about who you sleep with, to not remember your sexual experience, or even make men totally incompetent to be able to perform. We need to be very careful about that.

Of all the alcoholic beverages, mead, which is a honey wine, has traditionally been used in Europe as a honeymoon liqueur. As a matter of fact, the word honeymoon comes from the term lune de miel — giving a month's amount of mead to a newlywed couple so that they would get to know each other. Mead, being a honey beverage, is said to be beneficial. There's also a damiana liqueur, but you can take damiana as a tea.

My favourite beverages would be things like herbal teas. I also want to say something about coconut water. If you can buy coconuts at an Asian market and cut them open, they are so wonderful to drink. I like to make super smoothies. In the morning, we'll make a super smoothie with raw almond milk, some pumpkin seeds, maybe some maca, spirulina, maybe a little raw agave syrup, a banana and some blueberries. Blend it all up and it's really quite energizing.

People often think it's got to be alcohol, but I'll have a toast with my husband with our smoothies or a fresh green drink. I love to make vegetable juices with nettles from our yard, or lambsquarter or purslane. I blend it up with a little apple and water.

An ideal partner is someone who's going to go on a health quest with you, and bring out your best nature. If you find somebody who's going to inspire you to lead your healthiest life, to exercise and to eat healthfully and to live an environmental life, that's a great thing. Tantra literally means weaving together, so it's not only about sex. It's about finding a partner that brings out our best.

**Nancy:** What nutritional supplement would you recommend for balancing — and rebuilding — sexual health?

There are a lot of supplements out there. Most of them are going to have Vitamin E and zinc, and they're going to have herbs in them. One famous one is epimedium, also known as horny goat weed. It was observed that after animals eat it, they get really rowdy and horny. Another one of my favourites is maca, lepidium peruvianum, a member of the cabbage family that grows up in the Andes Mountains. The Quechua Indians noticed that their animals' fertility was greatly improved and extended when they ate it. Maca is actually quite

tasty. You can use it as a superfood in your smoothies, or take it in capsules, or in a tincture. It's a great herb for menopause and helps to promote vaginal lubrication. It's great for men, too, for energy and endurance.

Also, all of the culinary herbs, especially the ones that are warming, are considered beneficial for libido. Cinnamon is one of my favourites: it improves circulation and it's warming. People like to drink chai, which is an aphrodisiac. Unfortunately, chai has a lot of milk in it, and sugar, and black tea. But the herbs in chai, cinnamon, ginger, cardamom have all been used for thousands of years and are included in books like the Kama Sutra, The Perfumed Garden and classic texts from other parts of the world on libido.

Garlic and onions are good for libido, but if you eat garlic and your partner doesn't, you're going to have garlic breath, so the trick is to get them to eat it as well.

A lot of people aren't sure about eating raw foods at this time of the year, but eat more red and orange-coloured foods, and use warming spices.

I mention so many herbs in Sex, Love & Health, but I would like to mention ginseng. It's good for exhaustion, so it might be good for some people.

Before you embark on an herb, you should read more about it. There are some you shouldn't use during pregnancy, for example. Some you don't want to use with high blood pressure. One of the very famous herbs is yohimbe, but it can be quite dangerous if you don't know what you're doing. It can elevate high blood pressure and is not an herb to use if you're on pharmaceutical drugs, or on recreational drugs, or on alcohol. It does cause erectile engorgement that does not go away. So if you want to learn more about herbs, Sex, Love & Health is full of herbal wisdom.

**Nancy:** Which essential oils would you suggest to for use in love-making and massages?

You don't want to apply essential oils directly to the genitals, because they can burn. They need to be diluted in a carrier oil, like almond oil, coconut oil — keep that in mind. When I change the sheets, I like to dot the bed with essential oil.

Some of the essential oils known to provoke people's thoughts to sexuality are things like ylang-ylang, which means flower of flowers in Indonesian; rose is known to make people feel more loving. Very often, rose is synthetic because it's expensive, so make sure you're getting real rose. Jasmine is also very expensive, so again you want pure essential oils. Cinnamon is good, but cinnamon really can burn your skin if you don't dilute it. I love sandalwood, but it is endangered in the wild, and it takes 30 years for the tree to grow and you do have to cut the tree down to make the oil. If you do buy sandalwood, you want to make sure it's sustainably harvested.

Most perfumes used to be made from flowers, from lavender and thyme, vervain, vetiver and things like that. Now, they're just a synthetic soup. When we promote natural products, we're promoting fields of lavender growing, which is really nice.

**Nancy:** Your book has a great section titled Feng Shui: Creating a love palace. Could you give us some tips on how someone could start making changes to improve a romantic relationship? Or attract a partner?

**Brigitte:** Feng shui is a great place to start. It's the art of placement. Where do you put things? There are many schools of feng shui, but I tend to do an eclectic mix.

When you walk in your bedroom, the furthest corner to the right from your door is the love corner. What is over there? Is it where the laundry hamper is? You might want to think about making a little love altar, and if you're single, you definitely want to think about making a love altar. What's that going to look like? The colours associated with love and passion are pink or red, so maybe cover a little table or shelf with a pretty cloth. Decorate with two of things. I went to the home of a woman who had been single for many years and, in her bedroom, she had a picture of one moose. I told her, "You need to get a picture of another moose and put it in the bedroom." She actually had a picture of a moose on another floor, so she brought it up and they were both looking at each other. Soon after, she found somebody. It's almost like putting out a little bit of intention. If your room is full of single things, like one lonely duck, one jade figurine, think about getting two. If you're looking for a

relationship with the opposite sex, make sure you have one of each: a female and a male. Threes would not be so good. Threes might encourage infidelity.

Again, my book *Sex, Love & Health* has a whole chapter on feng shui, but you want to make your room pleasant. If when you wake up, the first thing you see is clutter, it makes you wake up in a panic. You can't think about making love because there's so much to do. You want to create a place of serenity, beauty and sensuality. Maybe decorate with little accents of pink or red. Many people paint their rooms blue, which is a great colour for calmness, sleep and meditation, but you also want some accents of colour.

I was interested to learn that in feng shui, it's not good to decorate with a lot of water elements, like having a waterfall in the bedroom, sheets with the ocean, pictures of the sea. It tends to encourage infidelity.

Some people say feng shui is a fad, but it's at least 5,000 years old. I don't think it's a fad. I think that our brains really do process some of this in some way, and we really are made of the elements that are honoured in Chinese medicine. I think it's a great place to start.

Clear clutter. If you're single and every space in your house is filled to the max, every closet, think about making a little space so there'll be space for relationships.

**Nancy:** Now, let's get right to the point and talk about technique in the bedroom. First, how can you be a better kisser?

**Brigitte:** People have different styles of kissing. I took a tantra workshop with many people, Charles and Caroline Muir, Margo Anand, and they all talk about pulling your partner's lower lip into your mouth. You kiss and just suck in their lower lip and gently caress it. Some people don't like really wet kisses. So if it's the first time you're kissing someone, you don't want to overdo it and be really sloppy. Think about variety in kissing. Little nibbles. Butterfly kisses, when you flutter your eyelashes on your lover's cheeks. Nibble on the earlobes. But don't put a wet kiss on the ear.

**Nancy:** What about foreplay?

**Brigitte:** You know, when people jump for the genitals and you've got someone who's really stressed out about work, you're not going to have nearly as wonderful lovemaking as if you wake the person up. A really important place to wake up is the kidneys. Very often, people come into a relationship with their own sexual wounds or trauma, from pregnancy, fear of pregnancy, loss of a child, abortion, rape, incest. Women often have their wounds. The kidneys correspond to the emotion of fear, so I think anything you can do in that area, like rubbing the lower back, is great. Just about everybody loves that, because it helps to build your confidence and your willpower. I would encourage people not to jump for the genitals.

I think women are like flowers. Their genitals are hidden, tucked inside. You don't just dive in. You have to gently get the flower to want to open. Touching around the area is going to awaken a woman, rather than going right for her inside parts or clitoris. Most women don't like that. You want to tease and play and wake up the whole body. I have a line in my book that "Men are like microwaves, women are like crock-pots." Men warm up more quickly and women take a little longer. But men carry their stress, too.

**Nancy:** What are your thoughts on masturbation?

Masturbation can be a great way for people to take care of their sexual needs when they don't have a partner. You'd be better off masturbating than lying to someone and saying, "I love you." Or sleeping with someone inappropriate and then falling in love with them because the sex was so great. That happens to women a lot and you have to watch out for that.

If you masturbate too much, you can also put off doing what it takes to find a relationship. But masturbation can be a great way for women to become orgasmic.

Men, if you masturbate too much and ejaculate all the time, it can weaken your kidney energy. It takes a lot of nutrients to make ejaculate, so if you masturbate to the point that you're losing a lot of essence, it can cause you to

age more quickly. Men should learn about conserving that life force. I'm not going to attempt to do a whole course on that right now, but men should learn more about tantra. You can have orgasm without always ejaculating. That's a technique you can learn from a tantric master, but it's really quite wonderful.

I have nothing against masturbation. It doesn't hurt anybody.

**Nancy:** In your book, you talk about intensifying orgasms — the six-step program. Could you describe that for us?

**Brigitte:** Just like we don't want to go for fast food, we should let every part of lovemaking be joyous. Enjoy every kiss and every touch. Build your pleasure. Be present in every moment, rather than thinking, "I can't wait to get to the orgasm." Don't be so goal-orientated. Just be present in the moment with your partner.

The food and the herbs can make you more orgasmic. Doing the Kegels can make you more orgasmic. A lot of women have a difficult time achieving orgasm. If they would do their best to relax, rather than tightening, they might find that it brings about a whole other ability to orgasm. If someone has difficulty reaching orgasm, practise. Find out what pleases you. How can someone else learn to please you if you don't know how to please yourself? It's not a game of chance. You are the best person to tell your partner what does it for you, and you might be totally different than their last partner, if they've had a partner before you.

Another technique is to approach orgasm, get close to it a couple of times and then slow down. Then go back again. Let it be like a tide that rises gradually, and then it can be even more powerful. When women are getting close to orgasm, if a man will stimulate her nipples, that can make her even more orgasmic. Many women find that they need clitoral stimulation, and there's nothing wrong with taking responsibility for your own orgasm.

There are a few thoughts about fantasizing. I'm one of those people who thinks it's really nice to be present with your partner, so just to visualize yourself coming into this rainbow bliss of orgasm.

Those are some of the techniques you might try. Don't think you've seen it all, because it can keep expanding, and just being amazing.

**Nancy:** Let's cool things down a little and talk about a question most people are too shy to ask themselves: How can you eliminate vaginal odour?

**Brigitte:** Vaginal odour could be due to some kind of infection, some kind of yeast or fungal overgrowth. Sometimes, an acidophilus supplement can help. Also inserting an acidophilus capsule vaginally can help promote lubrication, and inhibit the replication of unfriendly yeast bacteria. I also think chlorophyll is a great natural deodorizer, so either taking chlorophyll tablets or drinking a raw green drink every day, or a shot of wheatgrass. All those are possibilities. In the bathtub, you can also douche with a little apple cider vinegar and water, and when you soak in the bathtub, add some essential oils.

Rather than trying to cover it, I think you want to create more balance in the body. Yeast is going to thrive on sugar. I think a lot of people have odour because they eat food that they are not digesting well — very often dairy, or meat. It's interesting that when we go for fragrances that smell good, people look for things like fruit or flowers. None of us want to smell like meat, or fish, or cheese. If we eat that, we're going to smell like that.

But it's possible for a vegetarian to have a bad odour, too, and it could just be because of some low-grade infection, so it might be worth checking it out. There are many formulas that can help, but I think that acidophilus capsules can help a lot.

**Nancy:** What about urinary tract infections, a common occurrence after lovemaking. What would you suggest as a remedy?

If people are prone to urinary tract infections, they might want to urinate right before sex, and then urinate right after sex. Consider taking cranberry capsules or drinking unsweetened cranberry juice. I wish cranberries were available all year round, because they really are such a great medicinal food. Cranberries, blueberries and the herb uva ursi are all inhibiting to bacteria attaching itself to the bladder wall. They're all from the same family, so eat more blueberries and more cranberries, and use uva ursi as a tea.

Sometimes, there are emotional factors, too. People might get infections because their partner is carrying one, so it's good for them to take the cranberry as well. Herb stores or natural food stores will have formulas to work against urinary tract infections. They'll usually have in them uva ursi, goldenrod, cornsilk, marshmallow root.

**Nancy:** We're almost out of time, Brigitte! So let's wrap things up with your thoughts on the guiding principles of a strong relationship.

**Brigitte:** One thing I always said to my daughters is, "Pray for someone who loves you as much as you love them at the same time." There's always that timing thing.

I think that relationships take work. If we keep bailing on our relationships, then we're going to keep coming up against issues. Relationships are an opportunity to heal. Be willing to go to counselling and therapy. Remember to praise each other. Often we take things for granted. Both men and women, and children, love praise, and people perform better when they're appreciated. Cultivate friendships with other people who are in good relationships. If all your friends are complaining about their partners or are breaking up, you may find yourself commiserating. Cultivate some friendships.

Praise in public; blame in private. You never want to criticize your partner in public, it's the worst thing in the world. When you do have to criticize a partner, it helps to say something positive, say what it is that you need to as a critique, and then say something positive. Sandwich the criticism in between something positive.

Affection is very powerful because it stimulates the production of a hormone called oxytocin. Things like hugging, heart-to-hearts and holding hands — and cuddling at night — all stimulate production of this wonderful hormone. Give each other time to do your own thing. Give your partner a chance to flourish as well.

I've got 25 ideas in my book of ways to enhance relationships, but remember that it does take work. You don't get ripe fruit unless you leave it on the tree.

I like to say that relationships are like two stones in a tumbler. You can get cracked. You can get out of the tumbler. But if you hang in there, you polish off the rough edges and you both emerge as gleaming gems.

**Nancy:**

Thank you for that. And our partners thank you!

Brigitte, it's been such a pleasure. It's a real honour to have had the opportunity to interview you today, and have you share your insights with our listeners. You're an incredible woman!

You can visit Brigitte Mars's website at [www.brigittemars.com](http://www.brigittemars.com).

Well, that's all for this week. I hope you've enjoyed our teleclass. Now do yourself a favour and buy a copy of Sex, Love & Health. You'll be glad you did.

Bye for now.