

ASK THE 'SEXPERT'

Dr. Sadie Allison weighs in on the proper oral-sex method, healthy sexual appetites and more.

Q When trying to please my partner orally, should I be more aggressive or kick back and let her enjoy the ride?

A There's no hard-and-fast rule for oral sex. Pay close attention to how your lady responds to your soft, wet tongue on her most prized area. If she moans in delight and slowly arches her back, just keep doing what you're doing. If she's gyrating her hips and pulling on your hair (or ears), it's a good indicator that she wants more! This is when you can get a little more aggressive, licking faster and with more pressure. On the other hand, if she's squirming, scooting her butt to the sides, rolling her eyes or looking at her watch, stop! Go back to the basics — you can't go wrong with slow and soft. Consider how you like it when she's going down on you. Use lots of saliva and apply the same amount of speed and pressure. You'll be surprised at how similar the protocols are.

Q How many times a week, on average, is it healthy to have sex?

A A "healthy sex life" is however the two of you define it. If you have sex several times a week (or day) and she's gung-ho about it too — great! But be careful not to go overboard. Good sex can become unhealthy if you're bumpin'-n-grindin' all day long and neglecting other responsibilities. If you find yourself calling in sick for work to stay home and have sex, then it's time to revisit your healthy average.

Q I love to have sex, but I'm having a hard time believing that my companion enjoys it as much as I do. When I come home ready for

sex, she'll complain that she's tired. What can I do? Is it me?

A Let's face it: By the end of the day, she probably is tired. But don't take it personally. The greatest aphrodisiac for a woman isn't alcohol or Spanish fly. It's a guy who does the dishes, laundry or grocery shopping without being asked or making a big deal about it. If you take that initiative, she'll have a greater appreciation for you and more energy and motivation for sex. The little things that were so important at the beginning of your relationship are still your golden ticket to get her in the mood today. Seduce her with passionate kisses and big hugs, give her shoulder rubs and gaze deeply into her eyes. Another way to inspire her is to introduce new pleasure toys and products. Ever use a Pocket Rocket vibrator on her? They're great. Be a generous lover. If you take the time to really focus on her pleasure, it'll come back to you tenfold.

Q I don't like giving oral sex. What's another foreplay alternative I can try to stimulate my partner?

A Learn to like oral sex. If you like receiving (which I know you do), then reciprocating is essential. If you're still too shy to kiss the kitty, become an expert at giving a first-class vulva massage. After all, fingers are some of the greatest sex toys ever! Pick up a bottle of female-friendly lube, drizzle some on your fingertips and lather her up. Then, using the flat of your four fingertips, gently massage her in slow, soft circular motions and

figure eights. Explore the entire erogenous zone, rubbing between her inner and outer labia, up, over and around her clitoris, and down and back up again. Ask her which strokes tickle her fancy, and exactly where she likes it best. When you're ready to bring her to orgasm, caress her treasure spot using her favorite stroke and with a little more speed and pressure. Your hand may get tired, but whatever you do, don't stop! **ME**

Dr. Sadie Allison is a licensed doctor of human sexuality and award-winning author of best-sellers Tickle His Pickle, Toygasms! and Tickle Your Fancy. Submit questions to jlaster@futureus-inc.com. For more of Dr. Sadie's tips on the ins and outs of sex, check out www.TickleKitty.com.

