



Transcript: #488 How to Have better Orgasms with Sexual Regenerative Therapies and The Best Non-Toxic Sex Toys with Susan Bratton

Dr. Wendy Myers:

Hello everyone, how are you doing? I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. And on the show today, we have my good friend Susan Bratton on the show, and she's America's sex therapist, and she's so much fun, and I've never done a show like this before. I did one with her before, where we talked about different aspects of sex and improving your sex life. But today, I'm going to talk about how to have better orgasms with sexual regenerative therapies and her favorite non-toxic sex toys.

And really, a lot of really good information on how to increase the blood flow to your penis and to your vagina. And like sex ed, all about the different structures of your vagina and how to stimulate your G-spot. We talk all about toys for men and toys for women, why and how to increase the size of your penis, how to increase and revive the sexual tissue for women in our vulva and increase our desire to have sex.

I think a lot of people, as they get older, Susan talks about how the tissue in our sex organs actually shrinks, and our desire for sex decreases as a result of that. And Susan talks about using all these different therapies and a lot of different sexual biohacking techniques like stem cell regeneration and many other tips about how to revive that tissue, revive, get yourself more juicy again, and revive your sex life, which can revive your relationship, revive your desire for sex because that's really can be a big cornerstone of a healthy, happy relationship, which everybody wants.

And some people are having a harder time achieving orgasms or maybe not having orgasms. So Susan talks about how to change all that with amazing ideas that she's been studying for the last 20 years. So stay tuned. This is a really good one. So if you guys are concerned about your toxic load, about your body's

burden of toxins, go check out my quiz. heavymetalsquiz.com. Just take a couple of seconds to take it, and you get a free video series afterward that explains or answers all your frequently asked questions about detox. Check it out, heavymetalsquiz.com.

Our guest today is Susan Bratton. She's the intimacy expert to millions, and she's champion and advocate for all those who desire intimacy and passion their whole lifelong. She is co-founder and CEO of two corporations, Personal Life Media Incorporated, a publisher of Heart Connected Lovemaking Techniques and Bedroom Communication Skills, and her business, The20, which is a manufacturer of organic and botanical supplements that enhance sexual vitality. She's also the bestselling author and publisher of 44 books and programs, including Sexual Soulmates, Relationship Magic, Revive Her Drive, Ravish Him, Steamy Sex Ed, the Passion Patch, Hormone Balancing, and Hot to Trot.

Susan's been featured in the New York Times and on CNBC and The Today Show, as well as frequent appearances on ABC, CBS, the CW, Fox, and NBC. You can find Susan Bratton and the Susan Bratton show. She has a podcast at betterlover.com and her personal shares on Instagram [@SusanBratton](https://www.instagram.com/SusanBratton) and her Lust for Life Supplements, flow and desire, at the20store.com. Susan, thank you so much for coming to the show. We are ready for Susan's sexy show and tell. Thanks for coming on the show.

Susan Bratton: I feel like we should be playing that theme song. Are you ready? Are you ready for this?

Dr. Wendy Myers: Yeah, I wanted to have you come on because I love your work. I think it's so important to talk about having a healthy sex life and a fun sex life, and the more pleasure you have in your life, the better you're going to feel. And I want to talk about ageless sexuality and how people are, this is not your grandma's generation of people who are having sex well into their 70s and 80s and they want to live their life to the fullest. So can you talk a little about that?

Susan Bratton: Yeah, definitely. Well, at 61, I'm having the best sex of my life, Wendy. So I've never been more orgasmic. I've never felt more pleasure; I've never had more confidence. I've never had less body image issues. I've never had this kind of massive confluence. And honestly, your sex life and your personal growth are two sides of the same coin. You grow and mature sexually your whole life long. And so it naturally makes sense that if you keep your body in good shape, all of the other experience that you've gained over the years is going to pay off in your midlife and beyond.

So I love the phrase ageless sexuality, and there are really two components to it. The first component is what I would call using sexual regenerative therapies and treatments to keep your genitals working like you're 20 or 30 years old. And then there's something called sexual biohacking, which is actually taking what you have and making it even better.

You could think about that as being optimization or enhancement. As you're aging, really about the time you are in your 40s, you're beginning to atrophy. For men, the most common issues are loss of firmness and inability to get hard or inability to stay hard, as well as nighttime urinary issues in addition to lower testosterone production, lower nitric oxide production, which is as important as testosterone for good sex because it's blood flow.

And men are also having atrophy, penile tissue volume shrinkage, and their penises are getting smaller. And every man in the world, you know how we always say you can never be too rich or too thin? Well, for men, you can never have too big a man cannon. Guys really want to have the best they can have, and as they start to age and it all just kind of turns a little bit more like a noodle, that's no good. We don't want to go from fettuccine to whatever the tiny little pasta is. Angel hair.

Dr. Wendy Myers: Yeah, angel hair. But a lot of times, they just go straight for the testosterone shots, and there's a lot more you can do. I mean, that's great.

Susan Bratton: It's a good foundation.

Dr. Wendy Myers: Just like women are doing hormone replacement and testosterone creams. Men need a little boost there too.

Susan Bratton: Absolutely. It's fantastic. I really like that instead of injections or pellets, what I really like is testosterone cream directly applied to the testicles. It absorbs right in, and you can titrate it, which is really nice. And then, for women, what happens to us is we get thinning of the vaginal tissue, which creates what's called vaginal laxity, which means that our vaginas actually get more open because the tissue shrinks. It's a little pocket in there. It's not really a tube. When you're fully aroused or delivering a baby, it kind of tunnels into a tube, but mostly it's like a little pocket. And so it tends to kind of open a bit as we age, and if our male body partner is shrinking and we are opening, we are not getting the grip and the tightness, and our pelvic musculature is getting weakened, we are beginning to see signs of incontinence. We have lots of lubrication.

Oh, one of the worst things is that not only does the vagina itself and the vulva itself shrink and atrophy, but it shrinks our clitoral structure. Just like our male-bodied partner's penis shrinks, our clitoris shrinks, which means we struggle to achieve the orgasm that we used to get more easily. And this is terrible, too; our labia start to sag. It's like we need a facelift for our labia. And the good news is you can, and it's not surgical; it's non-surgical. It's super easy.

So I'm going to tell you how to make all these parts just plump and rich and beautiful and responsive and orgasmic because that's really what sexual regenerative treatments do.

Dr. Wendy Myers: Yeah, let's talk about that. How do we get more juicy down there and turn back the clock sexually?

Susan Bratton: Exactly. More lubricated is so important because even though lubrication is not correlated with how aroused you are, I could be super aroused and dry as a bone, and a lot of women, not me personally, I'm super lubricated but a woman could be dry as a bone and super turned on, but you're more turned on if you are lubricated.

I mean, if you're lubricated, you just feel more turned on. So there's a couple of things to do, and like anything, it's kind of like there's a group of synergistic treatments and supplements and actions you can take that reverse the clock, reverse all this aging and atrophy and painful intercourse and loss of lubrication and penile shrinkage and erectile dysfunction. And it really starts at ground zero with organic nitric oxide supplementation.

If you're over 40, the best nitric oxide supplementation is citrulline based, which comes from watermelon. And that's why I have one right here. I have a sexual vitality supplement company, and my number one selling product is called Flow Nitric Oxide Booster. And it's literally made from organic watermelon rind. The citrulline comes from that. It also has spinach in it, and it has some pine bark in it. These are all blood flow support for getting your nitric oxide systems back to where they used to be because, in all honesty, it's like the basic thing you can do to improve your sex life is to top up your nitric oxide systems between not eating enough leafy green vegetables and beetroot, if we're using toothpaste with fluoride in them instead of hydroxyapatite.

If we're using antibacterial mouthwashes, if we're taking acid blockers for our stomach or proton pump inhibitors, our acid's not high enough. And some people think it's too high, but that's actually not the issue. It's either H. pylori or too many grains, glutens, sugars, et cetera. We've got dysbiosis in our gut, and I'm preaching to the choir here, I know, but it's nice to connect the dots for people, especially your listeners, who really understand how to keep their gut in good condition and why that's so important, the foundation of what we do. That is, number one is taking a nitric oxide booster.

So I'll give you a link to Flow; buy Flow now, B-U-Y F-L-O-W N-O-W. You can check it out. I just recommend that you don't take kind of that white powder citrulline that you see in bulk because it's usually made out of pesticide-laden corn syrup that's been inoculated with bacteria that convert RRG9 to citrulline, and it still has all the pesticides in it from China that they sprayed on all the corn crops. So just be careful with that. But topping up your nitric oxide is the number one thing to do.

The second is bioidentical hormone replacement for men. That's testosterone for women; that's testosterone, estrogen, progesterone. So I know you had many people on the show talking about that. I don't need to go there, but that's

definitely something else to do. And then from there, what you're doing is you're treating the actual tissue itself. For men, a combination of a vacuum erection device, which is a penis pump, is what it's called, that pulls blood into the penis. Doing that once or twice a week as self-care down there really helps keep and even increase the blood-carrying capacity of the erectile tissue in the male member. And if you think about a banana, imagine that as a penis, half of the banana sticks out of the male body, but half of it goes in and down toward his testicles.

So if you were to peel the fruit of the penis, a banana, off, all of what's inside is pretty much all spongy tissue that fills with blood to create the erection and to send more signals of pleasure to the brain. Well, when this starts to shrink, and there's less tissue, it can't get fully hard, and it can't lock off and hold a firm erection. Women, if I took this banana and I took this banana, and I took the fruit inside, and I turned it into a donut, we would have as much erectile tissue in our female body as our penis-owning partners have in theirs. But everyone's talking about men's ED, but they're not talking about women's ED. And that's what's really important is that our vagina is actually encircled with erectile tissue. We have three erectile tissue systems in our body, the clitoral, the urethral, and the perineal, and they surround our vaginal pocket with tissue, but it shrinks as we age.

So getting the blood flow in is super important for both genders, both sexes, if you will, all genders, both sexes. That's number one. And number two is the hormone replacement and the nitric oxide replacement. But what you can also use, and this is where you get into the regenerative therapies and treatments, a lot of women are very familiar with the CO2 lasers that go up inside the vagina and basically burn the tissue with a laser either an RF device or a laser, CO2 laser. And that does do the concept of hormesis, which damages it, and it makes it stronger. But I don't like those, except in the most intractable cases. They hurt, your vagina's burned, it weeps. I mean, I just don't love it. It's not the place to start. That's what many companies are selling, but I'm not buying. I used to do it. I do it no longer. There are better options.

And the best option right now is acoustic wave technology. For men, it's called GAINSWave. For women, it's called FemiWave. And essentially, what it does is it's an acoustic wave technology. They use this for orthopedics; they use it for kidney stones. It's a very, very common technology that stimulates new tissue growth without painful damage. And you have to go in for a series of treatments so that they can do it kind of like making a stew, slow and low as she goes. You don't want to boil the meat. You want to just take your time and stimulate the tissue growth slowly. So six treatments are typical. Some people require 12, and there are many people who've had a lot of inflammation from diabetes or who have a lot of heart disease issues where they're going to need three series to get some function back.

But generally, most people are super responsive to these wave technologies. And what I love about them the most is that they work beautifully and synergistically with the penis pump or the vulva pump. And they also work with PRP, platelet-rich plasma, and the O-Shot or P-Shot injections that are added, kind of like the cherry on top of the sundae. So you've got your nitric oxide, that's your ice cream, and then you've got your bioidentical hormones if you want to do them. You've got your nuts on your sundae. And then you have, especially because testosterone for women is great, it gives us balls, it keeps us from turning into old ladies. It gives us our zest. So I love testosterone for women, as well as men. And then we have the whipped cream, and that's your FemiWave, your GAINSWave, your wave treatments into the tissue to stimulate new tissue growth and reverse the clock back to youthful tissue.

Then you really think about the cherry on top as the PRP, the platelet-rich plasma. So these are all wonderful things. The only downside to the GAINSWave and FemiWave is that it's mostly only available in the US. So for people who are like, "What do I do? I don't live in the United States." I have a couple of solutions. The first is for women. I have this vagina device. Did I ever show you this before?

Dr. Wendy Myers:

I don't believe so. I don't think we discussed that at dinner.

Susan Bratton:

You got to get one of these. This is vaginadevice.com. This is a device that you can use at home that is at least intravaginal. What it's not going to do is what FemiWave does, which is plump up the vulva. It's not going to get rid of that saggy labia. It's not really going to reinvigorate the clitoral structure per se, but what it is going to do is fix painful intercourse and thicken the vaginal tissue.

It's going to help shore up the pelvic musculature so you don't have incontinence. It's going to really do those things and increase lubrication. So this is a really good product, and it uses red light, warmth, and vibration for kegel toning. And it does a lot to fix some of the really key things that women struggle with early on. If you're having difficulty achieving orgasm, that's where you really want to go with the nitric oxide and the FemiWave. If your vulva is saggy and you want it plumped up, the FemiWave's going to get that, but the vagina device is not.

But most women start with, "Ugh, I've got some painful sex. I've lost my lubrication. I'm starting to lose a little urine," and a vagina device can get you going. It can start reversing those things. So those are some of the things that I really like for not only reversing aging but increasing your orgasmic capacity, returning and restoring orgasmic function. But then there's another thing that I really like to do, and that is to teach people more about orgasmic cross-training. But I won't start talking about that now. I want to let you get a word in edgewise. It's nice to get the stack and hear the whole thing, but I'm sure you've got questions.

Dr. Wendy Myers: And this is so important because I think there are so many relationships out there that are suffering because people just don't know what to do to add some spark to their relationship, or women struggle because they don't desire sex as much, or the man, the man has kind of lost interest as well because he just doesn't have as much arousal capacity or maybe not feeling as masculine because of that. So it causes a lot of relationship problems when these things are fixable.

Susan Bratton: Yeah, there's a huge difference between relationships between partners where you're both turned on by each other. You're looking forward to love-making days. You are excited to learn new things together. You're increasing your sexual knowledge. You've got new sexual relationship energy even after years and years and years. Your sex life together just keeps getting better over 10, 20, 30, and 40 years together. There are many couples who are operating at a very high level of pleasure and connection. And you can tell the difference between those couples and the couples who are basically living together platonically, but one or both of them are feeling like they're missing out on the intimacy, the vascular experience, the orgasmic experience, the release of oxytocin, and other neurotransmitters, serotonin, dopamine, the connection.

I mean, when you are pretty much platonic versus when you're totally turned on for each other, and you can't wait to get home like, "Oh, this party was okay, but let's get out of here and go make love." It's night and day, night and day, and it's also night and day about how you walk in the world in general. When you are a well-loved, well-orgasmed human being, you have a level of confidence and lust for life that someone who does not have that same experience cannot enjoy in everything they do.

Dr. Wendy Myers: And I have friends of mine, who've been together 20 years, another couple's been together 33 years, and they still have sex every day, if that's even possible. Not everyone has that connection, but these people, they work out and keep it interesting. And there are so many things that you can do, and you educate people about this on your websites, and that's why I wanted to have you on. Actually, I don't think I've ever done a show on sex before. I had you on once before.

Susan Bratton: Yeah, we've done one before.

Dr. Wendy Myers: Yeah, we did one before. And so, let's talk about sexual biohacking. Oh, actually, before we get into that, I wanted to ask you a question about stem cells and doing the PRP, the P-Shot, and the O-Shot for women. So what are the benefits of that? So that's something I'm really interested in. So what can that do to help regenerate that tissue in the penis and in the clitoris for women?

Susan Bratton: Yeah. So what FemiWave and GAINSWave are going to do primarily, and the nitric oxide and the testosterone and the estrogen and all of those things, they're really going to restore youthful function, but they're not going to, there's

no enhancement with beyond just restoring you to youthful function. So if you are 40 and now you have the genitals of when you were 20 or 30, that's fantastic. But there are a lot of people who want to go even further. They want to develop their genital system and make it even better, more pleasurable, essentially. They want to be able to have incredible orgasmic capacity stamina. They want to be bigger. Men want to have a bigger penis. I'm six inches and I want to be seven, I'm five inches and I want to be six. I want to have a thicker shaft.

And women who see their clitoris and they're vulva shriveling and they're like, I don't just want to go back to what I was when I was 30. I want to have a meaty, responsive, highly activated, very juicy vulva that was better than when I was 30. And that's really where you move from regenerative treatments into biohacking. And the two most effective things for that, you want to do all the things I said, you want to do your GAINSWave, your FemiWaves, your Flow, your hormones. But that's where the pumps come in. Let me see if I have one around here. Yes, I do. That's where the pumps come in and also where the PRP comes in, and they really work together. Don't do one without the other. I mean, literally a pump is like \$200, not even \$200. So it would be silly to spend \$750 on a P-Shot or an O-Shot and not do the pump.

Now, what the pumps do is for the male body, I'm trying to find some here. They come in all different sizes. It's a two pumping system, and this will give you within 10 months to a year of consistent use of a vacuum erection device. The one I like is called the Whopper because it increases both length and girth. Most penis pumps on the market don't have a good gauge, they don't have a release valve, they're too small for most guys, they're not going to get any enhancement because they're already filling the tubes.

The company that I work with that makes the Whopper, they make all different sized cylinders so that you're really getting sized correctly for maximum increase in overall penile volume in the shortest amount of time without injury. And a lot of guys use Chinese novelty items, knockoff junk, and they over pump and they hurt themselves or they don't do it right, and they're like, "It doesn't work."

It's like, well, what tool were you using? Were you using a good tool or were you just using a piece of crap? I mean, I can only do so much for you people. So the Whopper is nice because it's a two cylinder system and believe it or not, you put your penis and your scrotum in the large pump. That's what pulls on the suspensory ligament to increase the length of the penis. And then you release the vacuum after 10 minutes and you use the smaller cylinder, and it just depends on what size your penis is. You use the smaller cylinder and you pump again for another 10 minutes, release the pump again for another 10 minutes. And at the end, strap in using a constriction ring or a strap. I don't think I've got one right here. You hold the blood into the penis and that's what expands the blood carrying capacity and generates new nerve tissue, new vascularization,

new capillaries so that when you have an erection, it's bigger and your penis is bigger.

So that's really the biohacking. And for women, it's the same for our vulva. We can pump our vulva and we can pump our clitoris, which is basically a tiny penis. Not so tiny once it's had a few O-Shots and you've pumped it for a few months. You actually have a much meatier clitoral structure. And the clearest, let me show your listeners, or these would be your viewers in this case, on your website or on YouTube where you have the videos. It's worth going to look at that because this is what the vulva looks like on the outside. You've got the outer labia, which is what gets saggy, the inner labia, the opening is called the vestibule. Inside there is where the urine comes out. That's a part of the G spot, which is really called the urethral sponge. That's one of your erectile tissue systems, the vaginal opening, which is sphincter muscle. It gets sensitive without these kinds of things to help it.

The clitoral tip, the shaft that goes under the hood, and then here's the mons up here. Well, if I peel away the skin and you see what's underneath, it's three giant puffy erectile tissue structures. It's the banana. The penis is the banana, it's the fruit inside. This is our fruit inside. We are more of a donut, or I jokingly say we're like an English muffin because we've got a lot of nooks and crannies that the blood has to flow into, which is why one of the reasons women stop wanting sex with their male partners is that men are bathed in testosterone every day. They masturbate daily because they're biologically wired to do so. They have to keep their sperm fresh, and they're thinking about sex all the time, and they're horny and they have fast acting blood flow, hemodynamics it's called, that gets their penis quickly engorged, hard and ready to go.

Female body. We've got all these nooks and crannies. It takes us about 20 minutes to achieve full engorgement, and we don't have the same amount of testosterone to get us going. And we're not typically masturbating daily like our male body partners are. Everything's on a spectrum. Some women do, some women never do. It's always a spectrum, but we need time to fill all this tissue up. So when you add the vulva pump and you add, let me put this over here, get all my little show and tell, don't I? Where'd my clitoral pump go? I think I lost it. Here it is. That's a tiny one. When you start to bring the blood into these parts, you're increasing the blood carrying capacity. And what's happening is when you add the PRP, which I'll explain in just a second, it's a one-two combo that actually increases the overall volume of the clitoris and the vulva.

The clitoris is really just, it's not just this tip, it's this tip, the shaft, these arms and these legs, and the legs themselves are right underneath. They're the labia. And this is a labia pump. So it goes right on to these little punching bags, these little balls, these little droopy things right here and plumps them up. And if you think about it, if you had a tiny, little, small clitoris and tiny, little vulva lips that were atrophied and shrinking and kind of wrinkly and everything, and you were having trouble having an orgasm, and then you start bringing blood flow into it a

couple times a week, and it starts to plump up and fill with blood. What's happening? That little tiny thing is getting big and plump. And then when it's touched and stimulated, it's got way more surface area sending signals of pleasure to the biggest sex organ, which is.

Dr. Wendy Myers: Our brain.

Susan Bratton: Boom. So we can have more orgasms. So the pumps, you can buy one, they can be shipped anywhere in the world. They're like the simplest thing you can do. And it's kind of like if you took the nitric oxide supplement and you did the pumps, it would be like, "Oh, wow, I can't believe it." But then that cherry on the top is PRP, the platelet-rich plasma.

So how that works is you go to a place that does PRP injections into the genitalia, and they take a little vial of your blood, and they put it in a centrifuge, and they spin it, and they spin off the white and red blood cells, most of them. And then they're left with what is called a fibrin-rich matrix. That includes growth factors and healing factors from your own body. This is organic bioidentical from your own body, and exosomes can also be added to it.

So you have the benefit of incremental stem cell release in the area of your genital system. And because they're spongy, they work really, really, really, really well to generate new tissue growth because the sponge, the erectile tissue of the vulva, and the penis just soak up the PRP, and it stimulates new tissue growth.

When I recently went to get it, I had pulled the tendons off of the inside of my elbow bones. It's called medial epicondylitis. I was lifting too heavy in the gym, and one day I strained and tore those ligaments. I went to an orthopedic regenerative doctor who specializes in PRP injections for orthopedic repair. He did a 16-time concentration. He took 16 vials of blood and winnowed it down to the growth factors, cytokines, and healing factors from my own blood to inject in this little needle right into my bones and tendons.

You have to do that with that kind of tissue because it's not highly inundated; there's not a lot of blood flow to it. So you've got to do this super concentration to get the healing to work in things like tendons and soft tissue and joints. With the vulva and the penis, it's all erectile tissue. It's a big sponge, one little injection point, and it sends in new tissue growth. It's so efficient. So that's really a sexual biohacking thing when you're thinking about not just getting back to where you were but taking yourself to the next level.

I've had seven or eight now, seven or eight O-Shots, orgasm shots, the PRP, into my clitoral structure, my urethral stricture. I had a little tear in my vaginal opening. It's called the urethral sphincter. I had a little tear. That's completely repaired, gone; it doesn't bother me at all. Never hurts, never hurts again. It

helps with incontinence. I mean, it helps with just satisfaction, ease of orgasm, et cetera. It's just incredible, PRP.

Dr. Wendy Myers:

I've been thinking about doing that because I was at a biohacking conference with Dave Asprey, and he was talking about how he did Facebook live of him getting a P-Shot, and then his wife did it too. And they were talking on stage about how they have these toe-curling orgasms now. And I'm like, "Huh, well, where do I sign up for that? That sounds great." I've been thinking about doing that here in Mexico. It's really inexpensive.

Susan Bratton:

Oh yeah, please just go do it. As I said, I've done seven or eight of them, and each one is incremental. I'm actually speaking at the biohacking conference. I'm doing Susan's sexy show and tell there, and I'm really going to be demonstrating all of these different devices and what they're good for, and how they work. And also, talking about orgasmic cross-training, how you can increase your orgasmic capacity because one of the things people don't know is that the body, the human body, our homo sapien bodies, we have the ability to have 20 kinds of orgasms.

And most people, the male body partners, are having a single ejaculatory climax, and maybe they are working on their stamina. They might have heard of male multiple orgasms, but they don't understand what it is. And our female-bodied friends, we are maybe having clitoral orgasms, maybe having G-spot experiences, G-spot orgasms, or female ejaculation. And most women aren't having orgasms from strict intercourse.

And what I want people to understand is that orgasms are a learned skill. It's more you can have, the more you can't. You can have all 20 kinds. And number 20 is a wildcard because, as a sex educator for two decades now, I am always learning new things, and there's always going to be some new thing I don't know. So I always leave yourself an out like, oh, there were 19, but I should have made a 20 because now there's a 20. Well, 20 is a wildcard.

So educating people about the fact that our orgasmic capacity is unlimited and that there are many, many, many, many ways to generate orgasmic pleasure. Not only locations to touch but also techniques such as everything from erotic hypnosis, as I will just touch a spot on your body and give you an orgasm, like orgasms on command, verbal orgasms, to expanded orgasms and expanded orgasm practice. That's something I've been doing for 20 years with my partner.

And then there are basically objects of desire as well. And objects of desire are most commonly, but not exclusively, sex toys and tools, which are incredible. And so, for many people, I recommend that if you are having any trouble achieving one orgasm, then I have some ways to expand and increase the neural pathways from your vulva to your brain so that achieving orgasms becomes easy. And then, you can expand and extend and have multiple orgasms. Then you can have orgasms in different places in your body from different types of

stimulation. You just keep incrementing your skillset. I think that's really the best. I'll show you some tools if you'd like me to.

Dr. Wendy Myers: Yes, absolutely. We are all ears.

Susan Bratton: Okay, good. So I'll just say that all of the links to all of these items that I'm about to show and tell are all at sexlifebucketlist.com. So don't worry, "Oh my God, I forgot what she said." Don't worry about that right now. Just listen and see what appeals to you. Because one of the things that I have known about doing this for so long is that everybody's in a different place in their sex life, and you're on your own path and journey, and it's perfect for you. And I'll just meet you wherever you are. I don't want you to think, "Oh my God, I could never do that." Or, "Oh my God, this is too much for me." Wherever you are is good, and your next step, you will feel your next step as I speak. So just ride the ride with Wendy and I, really, is all I want to say about this. There's no, "Oh my god, I've got to have 20 kinds of orgasms. I'm going to turn this off right now. I'm totally stressed out."

Do not be; trust me, it's all fun and pleasure from here. So sexlifebucketlist.com, I really created because one of the things that I realized, Wendy, was that what people want from me they want sex techniques. They want bedroom communication skills. They want to know about sexual biohacking; they want to know about all these things. That's great. But what they really want are really fun, erotic, sensual, heart-connected, passionate, exciting experiences with their partner, and they want to go beyond just the old in and out.

They want to learn how to find their G-spot, to have ejaculatory orgasms, to become a multi-orgasmic man, to have P-spot orgasms, to have orgasms from intercourse easily without any issue at all, that it just feels great and makes them orgasm without doing anything, just a penis in a vagina. They want all of those things, but they also want role play and maybe a sexy photo shoot and or maybe videotaping themselves and watching it after, or new sex positions or sex in new locations.

So what I did was I created a list of 48 what I call erotic play dates, fun ideas that you can do solo or with a partner. And I put it together, and I made a downloadable PDF at Sex Life Bucket List. And it comes with a video where I call that your first erotic play date. If you're lucky enough to have a partner, you sit down with your partner, you print out two versions of the PDF that I give you, and I walk you through what all 48 fun things are, and you mark them A, "Oh, I'm definitely putting that on my Sex Life Bucket List. I want to do that. We've talked about it, but we never did. Let's do it." B is, "It wouldn't be on my list, but if my partner wanted to do it, I would totally do it with them."

And C is, "It's not for me right now," because it very well could be in the future that you look at it and go, "Oh, wow, I used to think that was weird, and now this is the next thing I want to try." Because we mature and we get more confidence,

and we get more skills. So always leaving that open to the possibility for the future. And then you compare your As and your partner's As, and you have, voila, a whole bunch of fun new ideas for things you can do in the bedroom. That's what those couples that are having great sex are doing that the couples who aren't didn't do. They brought in novelty and variety, and new sex life energy to continue their sexual personal growth. And so it's not for everyone, and I understand that, but for those who are what I call the sexual seekers, it's like the perfect mind candy for them, the Sex Life Bucket List.

And so all the links to these tools are on the last page. So here we go. The very first thing that I recommend is that I am going to just do the female body today because I realize we only have so much time together, but the male body is in there as well. So the very first thing that I recommend is that a woman starts with something called basically a rabbit vibrator. This is called the Miss Buy. There's a longer one called the Lady Buy. Women have different size vaginal pockets. Some are smaller, some are larger, mine's giant, and they want the right dimension. This lady bought, and missed buying from Fun Factory has two vibrators.

It stimulates both the external clitoral glands as well as the internal G-spot and vaginal and cervical area. So it's activating. What I'm really doing here with the five types of sex toys that you can use to orgasmically cross-train and develop your orgasmic potential is that I'm using these toys to activate different areas of the vulva so that it all gets plump and sends more signals of pleasure to the brain, making it super easy for you to achieve orgasms in many different ways with many kinds of stimulation partnered, unpartnered, with toys, without toys, you literally just become a better cummer.

And as an orgasm not, someone who travels to the far reaches of outer space of orgasmic bliss and comes back with a map to the territory, these are the five toys that should be in your pleasure chest, and you should be rotating them and pleasuring yourself with them as often as possible during partnered sex as well as solo pleasuring. So the integrated internal, external vibrator is key.

The second one is a Womanizer, an air stimulator. This particular one basically blows and sucks air onto the clitoral tip. I like this, but what I like about this one, it's called the Womanizer Duo, is that it simultaneously goes internal in the vagina and stimulates the G-spot, which is really called the urethral sponge, up in the roof of the vagina, while it stimulates the clitoral tissue. If you want to blow your brains out, Wendy, this is your toy. It's absolutely fantastic.

I mean, I can usually have 20, 30, or 40 orgasms in a single sexual session. This one, it's like I'm almost one and done with this thing. It's so powerful. So for the woman who's like, I can't quite get there, this could be a really good toy. And women tend to love the air stimulator style of vibrators, so that's a really good one.

The other kind that I really recommend is called a thruster or pulsator. This is particularly good for women who are not currently having orgasms from intercourse without additionally stimulating the tip of the clitoris. Sometimes you just want to make love and have orgasms without any devices in the way or fingers in the way. And this thruster or pulsator from Fun Factory, this one is called, I think, this one's called the tiger. There's another one called Astronic G, which also has G-spot stimulation.

It uses a magnet. You can't use this with a pacemaker, by the way. So pacemaker people, I'm sorry, skip the thruster. This one is really good because it uses a magnet and it's hands-free. It can internally stimulate the vaginal pocket while tickling the G-spot. And you could also add a vibrator externally if you wanted to. But sometimes, for just training yourself to have orgasms from intercourse, the pulsator is really key. This is another really good one.

The other one, oh gosh, where did it go? Look, you would not believe what I have beside me. I have so many things beside me. Here it is. This is one that I really like. There are many, many good kinds of straight-up clitoral vibrators. The tango wax. This happens to be like a little ring pop. This one is called the Amo, A-M-O from Hot Octopus. I also like their product called the Amo. This one's like a little ring pop. It holds right on your finger. It's super low profile. It's a direct-to-clitoral tip vibrator, and it delivers a powerful vibration right to the clitoral tip. It's great for kind of sneaking in between you and your partner at the same time you're having intercourse so that you can kind of really enjoy riding the ride of this. This is a great purse pocket rocket. This is just a great little vibe that works really well.

When you use it, also use it on the vulva, use it on the labia, and use it at the entrance to the vagina. You're activating the tissue. That's what you're doing with these things. So it's really, really nice. What I like about this little digit is that no matter how much lube is on your hands during lovemaking, it's not going to fall off. You can't take it off. It stays. You don't lose it in the sheets. So that's another really nice one.

And then another one that I really like is basically a G-spot wand. I'll hold this a little closer to the camera. There. I think you might be able to see it best if I hold it to the side. These are very inexpensive. And this point is made for stimulating the roof of the vagina where the urethral sponge is. It's called the G-spot, but it's not. It's a big tube. I'll show you what it looks like in the picture one more time. This rose bud is where the urine comes out. That's G-spot number two. G-Spot number one is up inside the vagina. This tube is really stimulating. It's all erectile tissue. It looks like this close-up.

That's your G-spot. It's not a spot; it's a tube. These green, blue little veiny things are actually called the Skene's glands. The way that the vagina and the urethra operate is that they are not glands. They're not self-lubricating. Your blood plasma when you get aroused, your blood plasma comes into your pelvic bowl,

and the plasma seeps through into this spongy tissue. And when you have an orgasmic contraction, it pushes the fluid, it's prostatic fluid, it pushes fluid out of the urethra. So, women, all women can ejaculate, both, and the vagina, I want to say the vagina itself, underneath here, blood plasma seeps into the vagina through the vaginal mucosal lining and wets the vagina. So if you're lacking lubrication, it's going back to blood flow. You want to go back to your nitric oxide supplement, and you want to get your FemiWave; you want to use your vagina device. They can help you with your blood flow to this area to get more lubrication.

So all women can ejaculate. And using one of these wands is a really great way to stimulate that area. If you're going to use a wand, I recommend that you go to gspotjoy.com or G S-P-O-T J-O-Y.com. I wrote a guide for how to use these correctly because some of them are heavy; you can hear them. It's glass, and some of them are made of stainless steel. They are also very nice. And you want to get the movements correct so that you have success. And finding the G-spot and stimulating it correctly, it's not intuitive. So gspotjoy.com. I will give you both a guide and a video where I will show you what to do because toy companies don't send out videos to show you what to do.

So I do have that, and it's a very nice experience for the female body to have that G-spot activation, awakening, and release. Very, very much like an orgasm and a good cry, had a baby. It's just like, oh, there's a level of release when you let your feminine waters go that is so satisfying and so empowering. It's just incredible. For women who take my Sex Life Bucket List, I ask them, "What's on the top of your list?" And they say, "G-spot, female ejaculation, orgasms from intercourse. Those are the three things I want to learn how to do." Most women haven't learned, and they're interested in learning.

When I ask guys what they want to do off their Sex Life Bucket List, their number one is, this is so cute, Wendy; you're going to love it. You're just going to love this. They go, "Whatever she wants," number one. Number two is they want to learn how to become multi-orgasmic and have unlimited stamina. They want full-body males, multiple orgasms without ejaculation, and they want P-spot orgasms and prostate orgasms. And so there are a number of nice P-spot products with remote controls and all kinds of things that are really fun.

And then, last but not least, I did want to leave you with one thing, and that's one of my favorite toys. It's called the Nos, N-O-S from Fun Factory. And it's a ring, a penis ring with a vibrator on the top. It's small. And if there was only one, if you were in a partnered relationship with a man and a woman, a male, and a female body, and you could only have one toy, this is what I would get. And the reason I would get this little penis ring, this little vibrating penis ring, is that the vibrator on this is just incredible.

It works as well for solo pleasuring as it does for partnered play. So you kind of get a twofer, a two for one, and it can really make intercourse nice because, in

intercourse, you can think about the difference between sliding in and out with the two bodies or grinding. And when you're down, and you're really kind of, he's deep inside you, and you've got this vibration on your clitoral structure as his penis is inside you, that's a really nice orgasmic loop, especially if you're kissing and he's telling you how much he loves you and how beautiful you are and playing with your breasts and things like that. It can be really, really nice.

So those are just some of the toys that I recommend. There's one more penis ring here. This one is called the Adam Pulse Luxe, and it's from Hot Octopus, and it's his and hers. This has a perineal vibrator for him and a clitoral vibrator for her. And this, you put everything in, your penis and your scrotum goes inside here. And then it has a remote control. So as you age, as you struggle to achieve the orgasms that used to be easier, this kind of product can work well to help him get over the hump as well as her. But all the biohacking stuff I talked about earlier will fix that problem. But in the interim, this is a nice one for that too.

Dr. Wendy Myers: Great. Those sound amazing. I had to turn on my AC. It's getting a little hot here.

Susan Bratton: Oh, good.

Dr. Wendy Myers: But those are amazing tips. Because I think people go into sex shops and are looking to kind of spice things up, but there's a lot of garbage from China.

Susan Bratton: Novelty items.

Dr. Wendy Myers: Like, is this safe? It smells like a weird chemical and-

Susan Bratton: If it smells bad, don't buy it. It'll have phthalates and endocrine disruptors in it.

Dr. Wendy Myers: We talked about that on my upcoming happy docu-series about toxins and lubricants and sex toys and things like that. But these are all your non-toxic sex toy recommendations so that people have somewhere to go to get recommendations from the experts. And so we can talk about the toxins and lubricants another time. So stay tuned for that podcast or for the happy docu-series.

So Susan, thank you so much for joining us on the Myers Detox podcast. That was so interesting and so fun, and I love how you just present all this information and really get people thinking about what they can do to pleasure themselves and their partner and bring more excitement to their relationship and reconnection. It's so important to maintain that, and I think a lot of people forget that, and they forget how much fun it can be if they put a little work and creativity into their sex life.

Susan Bratton: Yes, if you take the Sex Life Bucket List survey, it's not a survey; it's like a PDF that I give you. If you do, email me back and tell me what your tops are. I always love to hear from everybody what it is. That's how I know what the trends are and

where I can help people the most and things. So, Wendy, I hope you'll take it, and you'll tell me what your top Sex Life Bucket List things are that you want to do and your erotic play dates that you want to have.

Dr. Wendy Myers: I'll be sure and do that. I'll fill out the form.

Susan Bratton: Good.

Dr. Wendy Myers: Well, Susan, again, thanks so much for joining us on the Myers Detox podcast. And everyone, I'm Dr. Wendy Myers, and I'm going to have experts from around the world on the show to help you up-level your health, and that includes your sexual relationships with yourself and your partner. So thanks for tuning in, and I'll talk to you next week.