

**We invite you to interview Susun S Weed
Wise Woman Herbalist and Sexual Health Expert**

**Susun will share with your audience how
Orgasms Improve Overall Health**

Author of *Down There: Sexual & Reproductive Health the Wise Woman Way*, Susun S Weed will delight, shock, tickle, and educate your audience.

For interviews: wisewoman@herbshealing.com or call 845-246-8081
Visit: www.susunweed.com/press for images, bio, CV, excerpts.



Suggested talking points for your interview with Susun Weed

- ❖ **Is it true that sex is good for your health and how can we have more?** Like eating chocolate, having an orgasm isn't just a pleasure, it's a way to improve your overall health. And, like eating chocolate, there are a few guidelines to follow to reap the benefits. The thinking part of the brain (neocortex) hinders orgasm, which centers in the feeling-centered hypothalamus. **Darkness** and **silence** help the neocortex relax and allow orgasm. So do happy thoughts ("I can fly!"). Twenty minutes of moderate **exercise** increases women's genital engorgement by 168 percent. And the effect persists for hours. Instruction in coital alignment technique (CAT) increases the number of women who have an orgasm during intercourse from 23 percent to 77 percent. Ninety percent of all trainees (men and women) say CAT intensifies their orgasms and 60 percent say it increases their desire for more sex.
- ❖ **You say the best Rx for low libido seven orgasms a week, tell us more?** Orgasm is fairly straightforward for most men. For women, the picture becomes more detailed. A significant number of women do not automatically or intuitively know how to have an orgasm. (36 percent of women in their twenties have never had an orgasm.) Women's orgasms are triggered by nerves that originate in the clitoris, vagina, vulva, periurethral tissues, anus, and uterus. Different women have different active nerve pathways, and these pathways change during pregnancy, lactation, and after menopause. Women who are easily and multiply orgasmic have one trait in common: *They take responsibility for their pleasure*. They don't depend on the skillfulness or mind reading abilities of their lover to get what they want.
- ❖ **What is the Clitoris and why is it so important?** Very few women understand the anatomy of their clitoris. The clitoris is the only organ whose sole purpose is pleasure. There are about eight thousand nerves in the clitoris – more than in your fingertips, lips, or tongue. And twice as many as there are in the glans of the penis. The clitoris is quite variable, from woman to woman, in shape, size, and sensitivity. What does not vary is the shape, size, and sensitivity of an individual woman's clitoris. Once it is mature, the clitoris remains at the peak of its power for the rest of a woman's life. Your clitoris is immortal; it is unchanging and never aging.
- ❖ **Tell us more about the health benefits of orgasm for men and women**
 - ✓ Reduces stress and counters the effects of stress hormones.
 - ✓ Improves cardiovascular fitness and blood vessel flexibility, reducing risk of stroke.
 - ✓ Encourage deep breathing, countering CPOS and asthma.
 - ✓ Helps maintain youthful attitudes, healthy skin, and a bright complexion.
 - ✓ Men who ejaculate at least five times a week in their twenties are one third less likely to develop aggressive prostate cancer later on.
 - ✓ Helps maintain a healthy vaginal epithelium (the cells lining the vaginal walls), increases vaginal elasticity, and improves lubrication throughout life.
 - ✓ Aids emotional equilibrium. Wilhelm Reich, believed that healthy "whole body" orgasm is a route to emotional health. If you're lying on your back, a whole body orgasm will ripple through the entire body in waves, causing the head and back to lift off the bed.

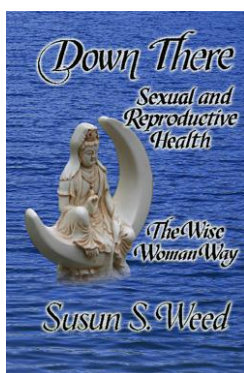
- ❖ **Are there sexy herbs and how can we use them to improve our sexual encounters?** Aphrodisiac herbs for men and women include: **Ginkgo** leaf tincture (1-2 dropperfuls) before sex relaxes blood vessels, increases blood flow, improves lubrication and engorgement, and heightens response in both men and women; **Ginseng** (1-2 dropperfuls) lowers stress hormones, thus enhancing libido and increasing engorgement in the pelvic region; **Oatstraw** infusion, 2-4 cups a day for several weeks, dependably increases testosterone, desire, lubrication, and enjoyment for both men and women; **Tribulus** capsules give an “itch” for orgasm to women and the power to play hard for hours to men.

- ❖ **Can the Wise Woman Tradition of Healing help anyone with problems down there?** Yes, of course, for example after menopause, many women experience dry vagina and lack of interest in sex. Wise Woman Ways can help. There is much more to say about women and about orgasms. I prescribe seven orgasms a week for postmenopausal women, for health reasons, of course. Join me in my new book (available June 2011) for lots more cunning clitoral comments and a few penetrating penile insights as well. Green blessings. Susun S Weed

Forthcoming Release

Publication date: June 21, 2011

Fifth title in the Wise Woman Herbal Series



Title: *Down There: Sexual and Reproductive Health the Wise Woman Way*

Publisher: Ash Tree Publishing, Woodstock NY

Author: Susun S. Weed

Illustrator: Alan McKnight

Foreword: Aviva Romm, MD, midwife

Length: 484 pages

Price: \$29.95

Includes: Index, illustrations, endnotes, herbal pharmacy, bibliography

Description: Simple, successful, strategies cover the entire range of options -- from mainstream to radical -- to help you choose the best, and the safest, ways to optimize sexual and reproductive health. What would your private parts say if they

could speak? *Down There: Sexual and Reproductive Health the Wise Woman Way* gives the pelvic floor, bladder, prostate, cervix, clitoris, uterus, ovaries, penis, testicles, vagina, vulva, and clitoris a chance to speak, describes them in health, and offers alternative, complementary, integrative, homeopathic, and allopathic remedies for their distresses, including incontinence, HPV, PCOS, UTIs, LUTS, BPH, STDs/STIs, vulvodynia, pelvic pain, and much more.

Author bio: Susun S. Weed is the voice of the Wise Woman Tradition, a founding grandmother of the herbal renaissance and the originator of the concept of complementary medicine. Ms. Weed maintains an active, worldwide teaching schedule including correspondence courses, on-line education through the Wise Woman University, apprenticeships, and teaching at various venues including Yale Nurse Midwifery School, American College of Nurse Midwives, Bastyr Naturopathic College, Rocky Mountain Center for Botanical Studies, American Botanical Council, Weg der Mitte (Berlin), and Waikato College of Herbal Studies in New Zealand. Full CV available at www.susunweed.com/CV/

Other titles by Susun S Weed at www.wisewomanbookshop.com

- ❖ *New Menopausal Years the Wise Woman Way* (350,000 copies sold; in print: 2002)
- ❖ *Breast Cancer? Breast Health! The Wise Woman Way* (125,000 copies; in print: 1995)
- ❖ *Healing Wise, the Second Wise Woman Herbal* (125,000 copies sold; in print: 1989)
- ❖ *Wise Woman Herbal for the Childbearing Year* (250,000 copies sold; in print: 1987)

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