



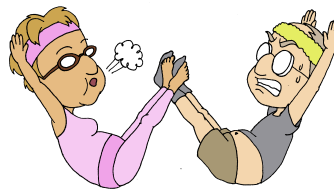
Let's Have A Conversation!

with Phil Parker

AGING AND ITS AFFECT ON INTIMACY

"Grab Your Mate Instead of Your Plate!"

Phil Parker



Let me begin by simply saying I love sex! I lost my virginity at age 16 and I've been hooked ever since. Sixty-one years later, I consider myself very fortunate to enjoy a stimulating and active sex life. I still have my health and have never lost my desire. I am now a senior on steroids. It takes three (3) women to satisfy me. One to warm me up! One to do me! One to put me to bed! My wife plays all three roles.

Over the years, I've learned that sex is both satisfying and also good for you. I also recognize continuing sexual activity depends on a healthy body, an active partner, a willingness to experiment and often a little help from technology. However, for some of you, although you may still desire sexual intimacy, you may have been derailed by some health challenges.

As we approach later life, two things that brought us the greatest joy, our children and/or our careers are no longer central to our every day life. When we go from empty nesters to retirement our personal relationships take on a new meaning. Continuing our sex life is a way to preserve and solidify our relationship with our spouse or partner. Through mutual consent, participation and encouragement, we can now open the door to a world of exploration and challenge. Involving ourselves in a stream of opportunities and challenges fosters couple growth and tends to bring a new closeness.

Why does our desire for sex become less as we get older? There is an array of obstacles that I refer to as demons of desire. Chronic medical conditions such as thyroid disease, hypertension and diabetes can rear their ugly heads as we age. Let's not forget our diminishing hormones. However, even the most serious health challenges rarely warrant bringing a halt to sexual activity and intimacy.

Here are some that are often used as an excuse;

1. Heart disease leads many older individuals to give up sex for fear of causing another attack. The risk is low and, in fact, an active sex life may decrease the risk of a future attack.
2. Diabetes is one of the few diseases that can cause impotence. Once diagnosed and controlled, however, potency in most cases may be restored.
3. Stroke rarely damages physical aspects of sexual function.
4. Arthritis can produce some pain that may limit sexual activity. Surgery and drugs can relieve this problem.
5. Alcohol, surprisingly enough, is the most widespread drug related cause of sexual problems fostering a lack of intimacy.

The fact is, partners can deal with challenges that affect not only their daily living but also their sexual performance. Often these obstacles require relationship adjustments along with an extra dose of understanding and compassion.

Most of us can agree the keys to a healthy sex life, regardless of age, is regular exercise and a healthy diet. Good health contributes not only to our physical stamina and performance but also to our emotional well-being.

In addition to going to the gym, the exercise that works for us is our Fit Bit challenge. There are several similar devices available and they may not be for everyone. For those of us who do use them, they do serve as silent motivators. We anxiously check our weekly results to see how we did against our goals and other competitors.

Our ultimate goal should be to develop a physical program that combines aerobics, weights and stretching. This will lead not only to a strong body but also to a great performance in the bedroom.

For more information go to:

www.bonnieandphil.com