Complete Sexual Anti-Aging: Budget & Luxury Options for Ageless Pleasure Transcript

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Introduction to Sexual Aging and Intimacy Wellness

Hi everyone. I'm Doctor Sanjeev Goyal, and you're watching the advanced Anti-Aging and Technology Summit. Today we're going to be speaking with Susan Bratton.

Was going to be talking about sexual desire and libido, sexual function, and showing you a whole bunch of amazing things and how you can keep your sex life going strong as you get older.

So welcome, Susan. Thank you so much for joining me today. Hi, Sanjeev, I'm bringing you sunshine from California today. And I'm going to I'm going to blow a whole bunch of photo bio modulation on everyone's genitals today.

I'm so excited and looking forward to, today's talk. So tell us, like, how did you become an expert in and sexual function, libido, anti-aging? How did how did this happen?

Yeah, I, I like to call myself the intimacy wellness expert to millions with a little kiss at the end. That's my. That's my title. I'm the CEO of two companies.

My first company that I started about 15 years ago. I, am a publisher of passionate lovemaking techniques. I like to teach people how to transform. Having sex into making love.

And so for many, many years, I focused on pleasure techniques, orgasm skills, and then bedroom communication skills because you can have all the technique in the world.

But if you can't talk about what you need and what you need changes all the time, because we're always growing and developing sexually as well as through personal development, then you need both of those things.

But what I realized was that people were still getting caught in the kind of midlife and beyond issues of aging and atrophy of the genitals, whether it was lubrication issues for women or vaginal laxity or incontinence or painful sex, low desire, or for men, erectile dysfunction, premature ejaculation, delayed ejaculation, atrophy of the penis, things like Peyronie's and prostate issues.

And so when you really think about it, what we need are good solid genital function men to have the level of intimacy and pleasure that is our birthright for our whole lives.

Sex doesn't need to end at menopause or andra pause. We can reverse these things and go on to have the best sex of our lives at 50, 60, 70, 80, and even 90.

I'm a real believer and I have many, many older fans having great sex because they didn't let themselves age in their private parts. And I started learning about what all the issues were, and then what were the solutions to restore function or how to prevent function loss in the male and female genitalia.

And that's when I really got into I'm kind of a biohacker myself. I'm trying to I'm I'm 60. I want to live another 40 years. I want to make it to 100.

I'm, healthy, robust. My sex life is better than it's ever been. And I want that for everyone else. Who wants that, too? And I love regenerative medicine.

I love being able to turn back time to go from being 55 to feeling like you're 35 again and looking like you are, and

that's where I got into what are all these technologies and treatments that are available?

Most people don't even know these things are even out there. So I want to talk to you today about libido and how to support it. Libido botanicals, the importance of blood flow I want to talk to you about male and female genital anatomy, which is I'm going to tell you some things that will blow your mind even as a doctor, things that we don't learn in medical school because that's just not taught pleasure.

Male and Female Genital Anatomy Explained

And how you stay healthy for pleasure is really not a part of what's taught. And then I want to show you, I've got I've got some show and tell. I've got some at home devices.

Okay. Tools and supplements that will blow your mind, but not your pocketbook. Okay. Awesome. So what do you want to get started? We want to talk about the anatomy first.

Maybe the give people the background or. Yeah, I think that's the best thing to do. And for that I have a handy little plastic banana. It's actually a little plastic banana that I got from Amazon because this this really illustrates my point well.

So obviously this kind of looks like a penis, which is great. And so imagine a penis. It's probably goes more like this, right? This is what it looks like in the body.

Half of the penis is sticking out of the abdomen and half of the penis goes in and down. The penis is actually more shaped like your tongue than any other part of your body and the entire chamber.

And you learned this in medical school is filled with three spongy channels. Corpus cavernous. There's two of those. And a corpus spongy osim that, your ureter runs through your your your pee chute runs through, and all this is filled with spongy tissue that fills with blood.

And then a healthy penis fills with blood that allows it to get so full it locks off and holds the blood in there for a firm erection. But what most people do know about that, they they've heard of, you know, taking Viagra to improve blood flow and things like that.

But what most people don't understand is that we, we women have as much erectile tissue, bananas worth of erectile tissue in our vulva. And I have some pictures here for you.

This is what I do. I'm a I'm a I'm a genital experts. I'm a visual genital expert. So here is the vulva. Now, how's that for light? Not too shiny, right?

So in the vulva, we're used to having the clitoris here at the top with a hood over it. And then we're used to having these outer labia underneath the pubic hair.

And we're aware of the inner labia. And then the center of this is called the vestibule. And there's where your urine comes out is the urethral exit. And here's the vaginal opening called the sphincter.

And what's interesting about it is that underneath that beautiful thing, that beautiful vulva, which is the the genitals is this and this is essentially the erectile tissue that lives underneath all that skin.

So here's the head of the clitoris, which most women have been able to find. And here's the shaft of the clitoris. So she has a mini penis that breaks into these two blue legs.

And the two blue legs are called the aurora. They're the little, actually, these are the arms of the clitoris. And these are the same as the corpus cavernous them that run down the man's penis.

And then this teal color in the middle. These two look like little punching bags. That's the legs of the clitoris. And

those are called the vestibular bulbs.

And they're underneath the fur on each side of the opening to the vagina. So this is what the labia majora. It's under the labia majora. And then this is the exit of the urine.

But it's also a spongy noodle, a spongy tube called the urethral sponge. That's what the G-spot is. But it's not a spot. It's a long tube of erectile tissue.

That's what the corpus spongy blossom is in the male penis. The one that his ureter runs through. It's same thing. And then here's the opening to the China and then under.

Here's an interesting little structure called the perineal sponge. That's another spongy tissue. It kind of looks like the prostate, but it does not have that function.

And so if you think about it look at this vagina. This is opening. It is completely wrapped embraced with erectile tissue. And yet we know that a man needs to be erect to have pleasure.

But what we don't realize is that this much tissue is, is what I like to call buried treasure hidden inside her, right there on the surface, underneath all that skin.

And it needs blood flow to. Not only that, and I'm almost done with this part. It's actually blood flow that is the single most important aspect of pleasure during intimacy for both the male bodied and female bodied partner.

So we put a lot of attention on getting him hard and not enough attention on getting her hard. And when people say, oh, my libido is so flat, a lot of times it's not.

And they think I need hormones. It's actually not hormones that are necessarily all of the equation. It's 50% of it is your testosterone levels for both male body and female body.

For people across the gender spectrum, testosterone is the molecule of lust. But if you don't have proper blood flow, when your hormones decline as you age, over time, it the exact same decline is happening to your body's ability to produce nitric oxide, which is a gaseous molecule that does vaso dilation and contraction.

And so to get the blood to your head, when you're thinking to your tummy when you're digesting or your abdomen when you're making love your body. And you learned this in medical school, your body constricts or relaxes different parts of your blood vessel system, your vascular system to shuttle the blood and the healing oxygen where it's needed.

But the first thing that goes is when you start getting vascular issues, plaque in your blood, thickening blood. You know, all of the things that happen when you when you're when your blood vessels begin to get brittle instead of pliable, you're losing nitric oxide.

And so supplementing with nitric oxide is the single most important thing that you can do. Most men go right to Viagra, which is a vasodilator, before they realize that, they just need to start by topping up their nitric oxide system.

It's not happening with like, with, diet. I mean, I think this is a nitrates or like a precursor, nitric oxide or how other people take nitric oxide. Nitric oxide can be delivered through two different amino acids, citrulline and arginine.

And by the time you're over 40, you have half of the nitric oxide production capability that you did when you were 20. And you don't necessarily want to take a lot of arginine for two reasons.

Number one, your arginine system doesn't work as well as it did when you were young. It's like bodybuilders, young bodybuilders, they pump a bunch of arginine.

Also people with herpes, whether it's Epstein-Barr, you know, your old chickenpox, you know, herpes or HSV one, HSV two. If you have that arginine, it bothers it.

So Citrulline is really the best precursor for nitric oxide that you can take. And that comes from watermelon. The watermelon is called the citrus vulgaris.

And yeah, I know it's so interesting. So you have three systems for nitric oxide production. It's it needs to be fault tolerant because you die without it.

And one of them is through the mouth. You eat nitrates like spinach, dill, cabbage, kale, all the leafy greens, beets, ginger, things like that, bok choy, kohlrabi, etc.

you eat those, you chew it.

Nitric Oxide, Blood Flow, and Libido Support

There's bacteria in the crypts of your tongue that actually convert the nitrates to nitrites. You swallow it and then your stomach acid converts it to nitric oxide.

But if you're taking proton pump inhibitors or acid blockers, that functions broken. If you are using antibacterial mouthwashes, you've killed off the bacteria in your mouth.

So you might literally be getting nothing. If you're taking Listerine or Prilosec, you're not even making your nitric oxide. You're getting edema. You're getting swelling of the ankles, you're getting numbness in your extremities.

You're losing your energy. You're losing your cognitive function. All because you're not topped up on nitric oxide. How does the citrulline interact? How does Citrulline interact with the nitric nitrates?

How does that happen that it's totally separate pathway. So your body temperature Art can convert nitrates into nitrate to nitrate to nitric oxide. And it can also convert citrulline into nitric oxide.

Oh, direct. Because my fans and followers are older tend to be in their, you know, 40s, 50s, 60s, 70s and beyond. I created a nitric oxide supplement called flow, which you'll have a link for underneath this video that, uses organic fermented watermelon and organic spinach.

So I get both nitrates as well as citrulline from Real Food that you take as a supplement. It also has a similar cherry vitamin C, so it's organic vitamin C, which helps with absorption and some acetic or cysteine, which also helps with the nitric oxide pathways.

So flow is the supplement that I've created that I think is better than any of the other products out there for increasing blood flow. And just to close on why blood flow so important for women and not men.

It's not just getting the blood flow to your pelvic bowl so that you can expand and engorged the tissue, which gives you more surface area to send signals to your brain for pleasure.

But it also is what helps you lubricate the vaginal canal. Older women struggle with vaginal lubrication because the vagina has no glands in it. What happens is your blood plasma seeps down through the many layers of the vaginal mucosa to wet the surface of the vaginal skin inside your vagina.

If you don't have blood flow, you can't get lubrication. So a lot of women think, oh God, I need to take estrogen because my vagina is so dry. And in fact, the estrogen is not what helps with lubrication.

Estrogen helps with the thickening of the tissue, the collagen Asian of the tissue, but not with lubrication. So it's very interesting when you start to really dig into what makes a difference for great sex in old age.

That's so exciting that thank you. Thank you for sharing that. So what about for men? I guess it's something similar. The flow would also be helpful and the same, same aspect for someone who's having a bit of erectile dysfunction or the erection part is firmer than that potentially be of help.

That's right. Men either have trouble getting blood in or they have trouble getting it in and locking it and keeping it in. They get a little bendy. And if a man is currently taking Viagra and maybe he's taking 20mg of Viagra to, you know, achieve in sustaining an erection, often once he starts to top up his, nitric oxide, he can either get off of taking a pharmaceutical and just stay with a supplement that keeps his nitric oxide systems high, or he can take five milligrams with a couple of flows 20 minutes before they can do the work synergistically here.

So they can. They can. Yeah. So, you know, how come, I guess most people are not aware that women need blood flow, because we've always thought that bagger has no impact for women, but I guess you're saying it, it would probably, theoretically would also have impact as well.

100% has impact. The only problem is Viagra has so many nasty side effects, from blurred vision to stuffy nose. You know, it's it's it's it's it's a plumping all the erectile tissue and you've got erectile tissue in your face.

So you end up with sinuses and, you know, flushed face. And it's not really a pleasurable experience. So just taking nitric oxide often is enough for people to start getting the blood flowing where they needed to go.

Your brain, your heart and all your parts. Okay. Awesome. So maybe let's let's move. Let's move over to the to the to the desire part, the libido part.

Because I think sometimes, you know, it may or may not be working, but if the desire is not there, then we can't even go. We can't even begin the discussion.

So I think maybe, you know, I think that's that's traditionally how, you know, most people, you know, we have these types of issues and we don't really have much answers as physicians to kind of solve the desire issue.

So I would love apart from, you know, maybe testosterone, which, which I do prescribe for that. But, I'd love to hear your thoughts on how to what are the major issues and how we can address that.

Sure. Well, I think, testosterone for men and women, for people across the gender spectrum is a fantastic first solution. You want to keep your testosterone topped up?

Whether you're male or female. And for men, you know, you can you can do a cream, you can do a patch, you can do a pellet, you can do an injection. For women, what I recommend is, testosterone suspended in, a shea butter or a coconut oil, and then the cream applied directly to the vulva around the clitoral tissue.

It'll soak in because your vaginal mucosal tissue is just like taking it sublingual, but it targets that that spot. And so what's nice about it is that you're getting testosterone applied to the clitoral structure, which is actually giving it more sensitivity.

And you feel more aroused when you supplement testosterone directly to the clitoral tissue. They call it screen cream sometimes. Yeah. So do you think this works like right in the moment, like within an hour, or is this something that's, you know, you put on the morning and it's going to work for the whole day like is this something that happens.

Right. That same at that time. Yeah. Like in people putting this one in the night that you want to up your testosterone levels over. You know, you want to take testosterone every day a little bit from lit every day improves your overall libido.

And then there are five libido botanicals that support people across the gender spectrum. Again, these are great for men and women. And, one of the best ones is mocha.

Mocha root. Just plain old. Doesn't have to be black or red, or it's just plain mocha root. But you have to take about a grand or three grams of it a day for it to make a difference.

So it's a good product for in a smoothie or in a, you know, in a bar or what have you. And then dark chocolate, 70% low or no sugar. Cacao is the polyphenols in Kakao tend to be vasodilators and they help with libido.

And then the other three are tongue cat Ali, Tribulus terrestris, and fenugreek. And they are indigenous botanicals that our ancestors have been taking for thousands and thousands of years, because everybody's always wanted to feel a little more turned on a little bit last year.

And what I've done is I've put them in a daily vitamin multi mineral supplement because I have a product line called desire, all these things are available.

We'll have a link for you here. If you're watching this, I didn't want people to start taking Tomcat Ali or Fenugreek or what have you Tribulus without taking up complete methylated bioactive vitamin B-Complex and daily vitamins and minerals.

Because, for example, just one little thing you could be missing, like if you're low on boron, boron is this funny little mineral that takes all the bound testosterone that your body is making now and freeze it.

So it's free and usable to you and you get the benefits of it. So I want people to take a it's kind of like A1A day with a little something more. You get all the things you need for your body to produce your neurotransmitters and hormones, but you also libido botanical in the same pill, in the same supplements.

So you're taking your vitamin, but you're getting a libido boost. And those are the three that I think are the most powerful. But the problem is if you take them all the time, they lose their punch.

So I made three different vitamins, exactly the same vitamin mineral profile.

Testosterone and Libido Botanicals

But every 90 days you just when this bottle is finished, you take the next bottle. It has a different botanical. You're done with that one. You take the next one and then you go back and start over.

That way your body doesn't acclimate to the libido botanical and you continue to feel the effects. And these botanicals tend to work on things like blood flow and hormone production and neurotransmitter production and, you know, all kinds of systems in the body that work synergistically to support you.

Feeling more desire what's in the second, what's in the second one? You said, what's in the first one? The natural terrestris. What's in the second one is Tomcat Alley and what is in the third one is fenugreek, which comes from your original country.

Because it's either Vedic. Yes, yes. And great funda. Have you heard anything about actual Gonda ashwagandha? People say it increases testosterone. What's your thoughts about that?

Well, ashwagandha is an adaptogen. It's an adaptogenic herb and it's excellent. But it for specifically for libido. No, what it will do is it will it will calm down your anxiety, which could help increase your desire, because you have to remember that your libido is is a direct reflection of your overall health.

Your health is the same side of the coin, the same coin as your libido. If you don't feel well, you don't have a high libido. I can tell I had Covid and recovered from it, but it took me a year and I could tell when I was finally getting better because my libido would come back.

And if my libido is down, I know them. But I'm a little tired and I need to really rest and nurture myself. So I use my desire, my libido, as a barometer for my overall health.

Yeah. So you had brought some, some other items to show us. Did you want to take us through that? Sure. So now that we've established the fact that we have, you know, the ability to take blood flow supplements, the ability to take libido botanicals, these are things that will all support our general systems.

And as you know, to produce good hormones yourself, you need to have a good gut dysbiosis. You can't have gut dysbiosis. You've got to have a good microbiome biome.

You've got to be pooping well. You've got to be hydrated. These are the the core tenets of good health are the foundation upon which your desire sits.

And the issue about libido, desire and arousal is that libido is your health. Desire is how you feel about yourself. And if you have a partner, your partner, and then arousal goes back to the banana, are you getting enough blood flow and hormones?

Do you have that in your genitals? And what happens as we age is that we have atrophy. So we are wrinkling. We are defecating, we are drying up, we are shrinking up.

And that happens to our vulva and our penis. We shrink when we lose estrogen. The tissue shrinks for men. When they lose testosterone, the tissue strength shrinks as blood flow begins to recede back to protect our heart and organs and brain.

It stops going into our pelvic bowl and our fingers and our toes. So we need that blood flow. But we can also help reverse that atrophy of aging. One of the saddest things you're going to be bummed out when you hear this.

One of the saddest things about getting old when you're, you know, you know, heterosexual, monogamous partnering, which most people are. A man and a woman are married, her estrogens falling, falling, falling, falling.

Her vagina is getting thinner and thinner, which means it actually gets open the tissue instead of being all plumped up. It's thin. And then she gets vaginal laxity and she can't feel the sensations.

Climax becomes less intense and harder to achieve. As he ages, his penis gets smaller and smaller and smaller. He gets shrinkage. He's not as big as he used to be, not as hard and firm as he used to be.

He doesn't have the blood carrying capacity he used to have. And so he's got a smaller penis. He's trying to fit in a bigger vagina. And when you want an orgasm, you've got to have grip, you've got to have musculature. Sure.

And be able to feel that penetration and the way that you restore that tissue for women is you can put, intra vaginal hormones. You can do, a lot of vaginal massage to get the blood flow.

You take your flow supplements, you get blood flow coming to the pelvic bowl. But you can also use some tools. The best thing to do is to self-pleasure frequently.

And for that, there are two tools that I particularly recommend. And I am an expert at these pleasure toys. These are both by a company called Fun Factory.

And what's nice about it is you can use my promo code. Susan, if you'd like to, to save extra dollars on these if you decide to go and purchase one. But Fun Factory is basically the Porsche, their German company, the Porsche of Pleasure Tools, their body safe, medical grade super smooth silicone.

This is called the Miss Buy because it has two motors. It has a small motor in here that goes into vaginally, and then it has a motor on this little flap right here that hits that whole clitoral external structure, the glans, the shaft and the little legs, you know, so it's not just going on the tip, it's getting engorgement to the whole clitoral structure.

And it's important to stimulate intra vaginally as well as externally, literally to keep blood flow going. But for many women who've maybe been married for many years, didn't have a great sex life, now they're getting back into

dating and they're really worried about intercourse again because they feel like, you know, they knew use it or lose it, and they didn't use it.

And now they're worried they lost it. This is another kind of a toy that only Fun Factory has that's called a thruster or pulse setter. And it uses a magnet to go back and forth.

And you put this into the vaginally, and it stimulates the vaginal mucosa and brings more blood flow internally. It helps you kind of get ready for penetration again.

So where the lady buy or the miss by there's two. The lady buys just a little bit longer. This is vibration. This is actually movement. So women know what they need.

And this is, a G-spot area, for stimulating the upper vaginal canal where the urethral sponge is, which brings more blood flow into that pelvic bowl as well.

So, so low pleasuring and keeping up with giving yourself orgasmic pleasure is very, very important because the more that you have orgasms, the more blood flow you have, the more you generate oxytocin and you release important hormones and neurotransmitters that reboot your nervous system and make you feel good.

But they also help you become much more orgasmic and and feeling less performance anxiety. When you're with a partner and worried about whether you'll have a good time or have an orgasm.

So this is step one. But step two is this device, which is a medical grade FDA class two vaginal restoration device. This is where we used to have to go in to get treatments.

When our vaginas got so painfully thin and saw that we would have to use, CO2 lasers or RF devices to damage the tissue so it would grow back thicker.

Now, thank God there's a next generation of at home vaginal restoration device.

Vaginal Restoration Tools and At-Home Treatments

This is a device. It's from a company called Joy Lux. And it is it's called the V fit. And it uses three modalities. It uses a laser. Yeah. It's not like a laser.

Laser. Yeah. Red light photo, bio modulation. Right. It uses warmth so it gets warm and it vibrates. You can hear it. It vibrates like a Kegel. So it does your Kegels and helps with incontinence.

It brings warmth to Recology and the vaginal mucosa. And it uses photo by bio modulation to stimulate mitochondria cellular replication to thicken the tissue.

Fix lubrication issues, bring blood flow and restore your vagina, reverse vaginal laxity. And for some women, they're so dry that their vaginas are nearly fuzed closed.

And they can they can't even get a tampon in anymore. So this helps slowly expand that vaginal opening and heal it with time as you're expanding and getting the blood flow going again.

And my favorite thing about this, number one, it feels absolutely fantastic. You do it every other day for ten minutes for an 8 to 13 week course and then move to maintenance.

But okay, the thing that I really love about this for myself personally, because this year I'm celebrating being with my husband for 30 years. And when I know that we have a lovemaking date come up because, you know, we can tell when our schedules, when we're going to have a window of opportunity for lovemaking.

I will use this for sure the morning of my lovemaking date with my husband, because it is the the one place he has

trouble reaching to get me engorged before we have intercourse.

He can give me a yoni, an external massage, and bring lots of blood flow to the external vulva area. But what the joy looks the fit product does is it really gets up deep inside and really brings good blood flow to the entire vaginal area.

And then when he's inside me, it just feels extra good because I'm already fluffed up, plumped up. I already have an internal erection. And so I get like all day.

Like you said, you do this in the morning. You're saying that that can last for hours? Yeah. Most definitely. Yeah. Because it's calming. There's a cumulative effect.

I mean, I've been using my visit for, you know, a year and a half, two years now, probably two years now. And I don't use it every other day. I don't need to, but I use it, you know, once or twice a week.

And I definitely use it on date night. Morning of date night. I have a special for your attendees or some of the attendees on that. Okay. If you go to Joy luxe.com slash.

Suzanne. Suzanne as me. Suzanne. Brad, you get a $65 bottle of her beautiful. All replenish her vaginal moisturizing fluid that has no chemicals in it.

It is a it has sea buckthorn oil, which I especially like for introvert vaginal mucosal restoration. And you get that with your purchase if you go to join lexicon slash Susan.

So it's always good to get a look. I'm I'm a big spokesperson for them because this has saved the lives of thousands of my women. I'm going to talk about what saved the lives of 1000 of my men next.

But, I just can't tell you how much these particular tools because I have looked at and tried everything. I am a biohacker. If it's been done to a vagina, it's been done to mine.

And I can tell you what works. And with my thousands of followers who try these things and report back, excellent things to me, I want you to know you can trust what I say.

It's important to me that I'm, only recommending things that hundreds, if not thousands of women have said. Yes, this has helped me. So, that's that's very important for me.

For you. Move on to the men just before we move on to the men. So what are your thoughts about, like, an old shot or like, these? You know, the machine, the that you did, you did mention the CO2 laser machines and the, RF, machines and even this Marcella, which is come out, this is like a high frequency of magnetic stimulation of the pelvic floor, as people have noticed, improved, sexual function with that, too.

Like, what are your thoughts on these? Are you seeing any of your clients or. Yeah, I used to only be able to recommend the RF and CO2 lasers that there was no V fit, but frankly, damaging yourself, I mean, hormones, this is nice when you're not talking about my vagina, right?

Like you do these RF things and then your vagina, they say it's and it's, you know, it's a lunchtime thing. It might be the doctor's lunchtime thing, but, it's not lunchtime for me.

It's ten days of vaginal weeping from being burned subcutaneously. If you can fix it with a V fit, do that first. If it's intractable incontinence, if it's, you know, serious thinning of the tissue and you're taking hormones and it's not fixing it.

And, you know, maybe you have to go that route. So yes, they are more powerful. But with that power comes some downtime and healing. And you know, it's you have to decide for yourself what direction you're going to go.

If it's me, I always go with the flow and slow and not painful version, because I'm able to remember to get up every other morning and use a product. If you're the person who's like, I'll never do that, I just want to go in, bam, have it done, then maybe that's a better choice for you.

And that's, you know, some women are like, I don't mind going in and getting those treatments. And other people are like, I'm doing it myself at home. Thank you.

So I guess prevention this is all about I mean, at the end, did we want to prevent even having to get to that. So you're saying we can even do certain things even if we're feeling fine?

We should probably already be doing some of these things. Yeah, because it's perimenopause. Time to start using a V if it is to keep all of that vaginal mucosa nice and thick and juicy.

You want a juicy vulva. You want lots of lubrication, plumped up tissue. You want it pink and meaty and beautiful. Which brings me to your question about the o-shot.

Last week I had my sixth o-shot. I absolutely love O-Shot and p shots. OSHA stands for Orgasm shot, P shot stands for Prea per shot. Priya. Priya. This is like a technical term for erection.

And basically there are purveyors all over the world. Depending on where you live and you're watching this, there's a directory you can google O-Shot directory, shop directory and find someone in your town who has been trained in the system of using PRP, platelet rich plasma, which is basically they do a blood draw.

They put a vial or two of blood into a centrifuge in their office. They run it, they pull off the white and red blood cells, and they're left with this golden broth, which is called PR plate PRP, platelet rich plasma.

It's a fibrin rich matrix of growth factors and healing factors and cytokines from your own blood that, when re injected to a target area, do reduce regenerative growth of new tissue, nerves, blood vessels, it uses cytokines to call to your body to release stem cells for healing, and it heals and restores tissue.

And what happens with your clitoral tissue with that erectile structure that I showed you? This this whole thing, this whole thing is shrinking and decimating as you age.

When you inject this erectile tissue with PRP, it soaks it up like the sponge that it is, and then it fills in over the next 90 days by regrowing more tissue.

So for women who are losing, and, and what's nice is PRP, he can be injected in a lot of different places in your vulva. So I'll give you some examples.

Yeah we do, we do our clinic actually what we do I've actually we do I do o-shot some shots in my clinic already. Oh. But I think this is yeah. So helpful for our audience to understand I mean you so you explain it so well.

Good. Yes. I really, really recommend it heartily for people. For example, you can inject it into the clitoral shaft, you can inject it into the urethral tissue, you can inject it up inside the vagina in the area of the bladder where the sling of muscle is to increase that musculature regrowth so that you can reverse incontinence.

The o-shot with the V fit is a very nice combo. You can fix a tear, let's just say maybe from childbirth or rough sex. You've torn the sphincter on the outer vaginal opening.

You know, you can rebuild the tissue right where it's been damaged. Maybe you have an piece of me, you know, scar. It's great for scar. It's great for, you know, horseback riding damage, falling off of a bicycle.

Lichen sclerosis. I mean, there are a lot of things that PRP brings regenerative growth to aging tissue. You can even have it put on your outer labia under the skin there to plump that back up again.

It tends to sag as you get older. And some women are a little embarrassed by that. I'm not. I think all yogis are absolutely beautiful, and you should love the way you look and treasure the magnificence of your equipment at every single age, because it never gets better.

So love who you are and don't worry about how it looks. You look beautiful, but it also starts to get little painful spots. And that's the beauty of PRP.

Plus, when it plumps up the clitoris, all of a sudden your orgasms, you're 55 and you're having orgasms and you're like, whoa, man, I did not know. I did not realize how much sensation loss I had experienced.

Now I feel like I'm having the orgasms I had when I was 30. Like the intensity of my orgasms are so much better, but you now are such a better orgasm.

Or because you're 20 or 25 years older. So you get the best of both worlds. You get the confidence of and the wisdom and the body wisdom of your age. With the sensation of youth from the regenerative PRP.

All right. Well, thank you so much. This is it's just phenomenal. And I've just been listening so carefully. So I'm sorry if I didn't have so many questions and jump in there, but, do you want to just, what else do you want our listeners to know?

Like, before we end up, like, is there something that you kind of what's the what the main thing they should take home from, from today's, talk or what do you want to send me home with?

Yeah. Well, I'd love to still go over what we can do for penises because we've talked a lot about. Oh, yeah, we want to do that. Yes. Please talk about penises.

So, I have I have a stack of a few things, and I'll tell you what they are, and then I'll explain what they are. So. And a lot of times we women are the health keepers, the doctor moms in our family.

And so as I'm speaking to you, I'm speaking to you whether you're the penis owner or you are the wife or girlfriend of the penis owner, because we do have to encourage our men to go, you know, take care of themselves.

And I personally think that if a guy is taking a Viagra to have sex, you it is already an emergency situation.

PRP O-Shot and Regenerative Vaginal Rejuvenation

A guy does not need Viagra to gain a firm erection if he is in good health and he's using these restorative treatments and technologies. So, you know, I believe in doing things holistically and naturally using supplementation, botanicals and regenerative treatments rather than covering up with a Band-Aid pharmaceutical product.

So that being said, Viagra sometimes is nice insurance for a guy, but if I can get him on a super low dosage, it's way better than him relying on that being the only way he can guarantee a firm erection when needed.

And, here's the stack. So bottom of the stack every day take two flow. Take them at night because your body tops it's stores of nitric oxide. It actually stores it.

You have a pump a nitric oxide pump in your body and you need to build it at night. It's like just like when you take your brain, you know your lines, man.

You take it at night because you're growing new brain synapses at night, not during the day. It's time to take things like magnesium and other things at night.

So take your flow at night and then take two before lovemaking. 20 minutes before lovemaking. Both of you. You'll get more blood flow, feel more pleasure, have more fun.

So that's number one. Number two is make sure your testosterone is topped up. Be willing to keep track of your numbers, because to thrown will make you want sex and make your penis hard.

So very important there I have a free book for you. It's, about and reports and testosterone and all of the natural things you can do if you don't want to do testosterone replacement to keep your testo high.

And, it's at top testo.com. And that's like topping up your testosterone top test. Dotcom is a book all about what to do and a video that explains it that I've created so we we don't have to deep dive into that because some guys don't want to do replacement and some guys just want to do it themselves.

Number two is a penis pump. Now I have written a book called The Pumping Guide. It's a pumping guide.com, and it's been downloaded over 80,000 times. And I have helped thousands and thousands of men understand that using a vacuum erection device, a high quality one only.

That's the problem. Guys are like, I tried it and it didn't work well. You bought a piece of Chinese junk out of a, adult store and didn't know what you were doing and probably hurt yourself.

So this is the pump I recommend, and it's actually a two cylinder system. I've got so many cylinders around here. I think they come in all different sizes.

You should see all the stuff I'm surrounded by, like tools, toys and you name it. Yeah. Here we go. This is what I want to show you. Is this big, this big one right here.

So it's a two step system. So the first thing that you do is you put this on your penis. You get a, you get a vacuum lock, and then you've got a gauge here and yeah you pump and it essentially it draws the blood into the penis and makes it go erect.

You start flaccid, makes it go erect. Now this kind of a pump is great for girth. It will improve your girth and improve your blood carrying capacity.

And that's what you want. You want to be able to keep all the blood vessels really able to fill and hold blood and lock in your erection. So venous leaks are the number one issue that guys have with erectile dysfunction.

They can get the blood in but it doesn't stay and they get bendy. It flows right back out. That's due to bad blood vessels. You have to have healthy flexible vessels that can get full of blood and lock full of blood.

The pump does tiny little stimulates tiny bits of new tissue growth, blood vessel growth and nerve growth that help you improve your blood carrying capacity.

It increases the size of your penis again because you're carrying more blood and you've got new fresh tissue. It stacks perfectly with flow. And the P shot or prep is shot, which is the PRP P.

So you have this, but then you want to do a second pump with a larger cylinder. That's this particular pump is called the Whopper. And it's great for reversing D and for penis enlargement.

You can get about 20% gain on your current size pretty easily, with about a 13 week pump program every other day. You want to give a rest day and you don't want to over pump.

Penis Health: Flow, Pumps, and Shockwave Therapy

You put your testicles and penis in this, and then when you pump, it doesn't make your testicles bigger. But what it does is it tugs on this dispensary ligament.

So you get a little drop, a little lengthening of the penis. So you're getting both length and girth as well as more blood carrying capacity with the pump.

So the pump is really, really good. And if you have a lot of couples who he's pumping while she's using her visit and their I call it hashtag self-care down there.

And basically what it what it is, is it's a commitment to the two of you keeping your genitals from atrophying. You're halting and reversing atrophy so that you can maintain your pleasure and intimacy your whole life long.

It's like exercise what you're saying. So just the gist of what is on the line for the pump. So, I mean, I've, I've heard about the ones that have to water the water ones. Sorry.

I don't care for those. Yeah. So just just I just want to just get the viewers to understand that this is a obviously this is one that's done just in the outside in the with air. Air.

But what could be what could be the downfall or what types of problems do people have if they do it the wrong way or what what could happen? The biggest issue that you have is you over pump.

You think because you are a testosterone dominant man and you go, I can take it, just give it all to me. I'm going to maximize my gains. Like you're like, yep, dancing.

No pain all the time. No pain, no gain. Well, actually, pain will give you bruising. It could literally tear the tunica l boogity, which is the the cover over your penis, under your skin.

It could tear. And then you get a ripple. It's it's like, plastic wrap. Once you stretch it, it doesn't go back if you're, if you're not careful and, then you have a, like a bubble and then you get Peyronie's and then your penis gets bent and then you're wonky and it's painful and throw your penis.

So the guy's worst nightmare. They're exactly. And so that's why in my pump guide at pumping Icom, when I tell you exactly how to pump, I tell you what degree of pressure my pumping guy we're going to have a bunch of these links for the viewers to make sure no one's going to lose this, because there's many of these.

I thank you so much. Yeah, yeah, we'll make sure no one we get everyone. Okay. Tell us about this one. So the other piece of the puzzle is acoustic therapy, shockwave and acoustic wave therapy.

Right. So because a penis gets a lot of plaque on the blood vessels in there, and because it gets atrophy, the very best gold standard thing to do for your penis is to go get gains wave treatments where you go in six times, they run a shockwave machine on your penis and your perineum and around the base of your penis, and that stimulates new growth at a p shot.

To that, add a pump to that, add your flow to that, and you've got your sexual biohacking stack for a Balmer boner till the day you die, which I am 110% for.

But if you're the guy that doesn't live anywhere near Gein's wave treatment centers, or you're the guy that's like, I'm not going in and let somebody touch my penis, then you get the Phoenix Pro, which is a product from Gaines Wave.

It's the equivalent of the V fit for her. It's okay. It is the shock wave. It's a it's an acoustic wave device that you give to yourself at home every other day.

It's medically supervised. And this particular unit gives a million acoustic waves. It's, I said it was medically supervised. Very important to talk to your doctor about what your goals are and what you're trying to fix, because different guys have different issues.

I had prostate surgery. I have Peyronie's, I've got erectile dysfunction. Mine is a vein, a sleek mine is, you know, I just can't get enough blood in my penis.

I can get it in, but I can't hold it in. You got to talk to your doctor. For the Phoenix Pro. Buy it from them, and they

help you, and they'll give you help.

You get testosterone and the other things that you need. And so what's nice about this Phoenix Pro is that you can do it yourself at home. Now, it sounds like you're jackhammering your man hammer, right?

I mean, it's it's loud, but it's not painful. But when you do a session, you need a day or two of recovery because it's it is stimulating new tissue growth.

You know, it's kind of like the Thera hammer. But yeah it does it there it subcutaneously. Right. It's deep and deep in the tissue stimulating tissue growth.

So I love the pro I love the Gaines wave I love the pump and I love the p shot and I love the flow. And if you are doing flow and you're using your fins pro or you got your Gaines wave treatment and you're pumping up once or twice a week for maintenance just to keep everything going, you can expect to have an a marvelously veiny, thick, heavy, gorgeous penis.

I think everyone's going to rush out to go get that. What's the name of the pump? It's for for users to make sure they got. I think we got the Phoenix.

Yeah, it's the Phoenix Pro. And, if you use promo code, Susan, you can save $500. I am a spokesperson for Gaines Wave because I am such a believer in it.

So literally you'll save $500 with my promo code and then the pump, if you go to pumps work com you'll see the two cylinder system that gives you length and girth with my pumping guide.

So you have how to do it without hurting yourself. How to get the maximum Gaines in the minimum amount of time, which is the if you go slower, you actually get faster gains.

It's counterintuitive to the testosterone brain. Okay. Yeah, I'm onto you guys. I'm so onto you guys. I've helped thousands and thousands and thousands of men who are like, I don't believe it.

It can't be true. You're lying to me. And I'm like, try it and let me know. And they're like, Holy cow, it does work. Thank you. And then they're like, they love me for life.

You know? That's awesome. That's so great. Thank you so much, Susan. So how do you how. Tell me, tell me. Okay, what what's the main message? I mean, you've had so much we learned today. This hour.

But what what does it take back? We're going to remember three things from today. What should they remember after they talk? Yeah, it's just the one. The one thing, Sanjiv, which is that you do not need to go gently into this night.

You can you can restore and maintain and restore youthful function of your genitals for pleasure and intimacy your whole life long with simple supplements and treatments that you can go out and get or do at home that keep your genitals beautiful, functioning and creating the pleasure you were meant to have.

Thank you, thank you. Where should they go to learn more and learn more about your work? And yeah, how can they do that? I have, I have a weekly newsletter about sex tips and, the I'm like the Dear Abby of of sex and sexual health and, you can get that at personal life.

Medium.com. That is also a website where there are articles searchable on thousands of keywords of things I've written about for the last 15 years. You've done a bunch of books as well.

You've done a 34. All the all the parts about improving relationships and techniques, and we haven't even gone through that. I mean, that's a whole other huge other topic.

Final Takeaways and Resources

It is all the other. Yeah, I just all the multi orgasmic man I was so curious about about that as well. That's a whole other topic. Yeah. Cosmic man is multi orgasmic lover for men is a program that teaches men the me breath and the me breath is it's a body based technique to help with, stamina.

Most men want to last as long as she wants them to, and they get performance anxiety, or they Peter out, or they ejaculate before they want to, or they have premature ejaculation, or they have delayed ejaculation.

There's a lot of issues with men and the timing of intimacy for them. And what the me breath does is it gives men a pelvic relaxation technique with a breath and, squeeze of the pubic cock siege muscle in a certain way that allows a guy to basically get a gassing and breaking on his urge to ejaculate so he can if he feels like, oh, he can pull back, put on the the break a little bit and still be able to really enjoy the pleasure that he's creating from intercourse without worrying that he's going to come too fast.

And that's been an extremely successful technique that we have taught thousands and thousands and thousands of men for over a decade. So that that's a nice and I'll, I'll be happy to give you a copy of that or any of our other programs if you'd like it. But yeah, that's it.

There is the sexual health piece, you know, keeping everything functioning. And then there's the pleasuring skills, and then there's the orgasm techniques and the bedroom communication skills.

The thing about sex is that it can really get on the upward pleasure spiral. It can really keep getting better and better and better. The more you know, and the more you learn, the better you get in bed and the better you are in bed.

The more sex you have in, the more sex you have, the better you get. And you're just like you just, you know, through your whole life you can just learn so much.

There's so much to be enjoyed with your sexuality. It's amazing because it's such a core function of of our, of ourselves, you know, sexual function. And I think, you know, most people just don't take the time to, to pay attention.

And they just hope that everything works when they want to. But it does take work and, and and interest and I think and, and we don't have to be like you're saying as we're getting older, just believe that it's all going to go.

So I think this is this is a really important. And I think people want to hear this. Well, thank you so much for doing an anti-aging summit. And thank you for including sexuality as a part of it and for giving me an opportunity to tell people how many things there are that they can do.

So you and I are really helping the world have more intimacy and connection. Yeah. And that's the great, amazing mission to have. Thank you so much. Thank you, thank you, thank you, thank all right.