

Healthy Way of Life,
for Sexual Health!

- Dr. Hitesh Shah : 9819035111



Why Sexual Health and Fitness is important?

- For completeness in life.
- For completeness in relationship and emotional bonding.
- For self fulfillment and positive self esteem.
- For Partner's satisfaction and happiness.
- For de-stressing oneself.

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**“For Complete Sexual Health and Fitness,
one need to have,**

- **Complete Physical Fitness** (Health and Stamina),
- **Complete Emotional Fitness** (Mental peace& Relaxation) and
- **Complete Relationship Fitness** (Harmony and Happiness)"

- **Dr. Hitesh Shah**

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No wonder your

- **Lifestyle (Sleep, Nutrition, Exercise)**
- **Thinking pattern,**
- **Perceptions,**
- **Reactive & Behavior pattern,**
- **Relationship pattern,**
- **Freedom from Stress and Diseases,**
- **Habits and Addictions,**

...all of them have immense bearing on your sexual health and well being!

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How to achieve Sexual Health and Fitness?

Let's learn important aspects of our daily living.

The following preventive guidelines are based on 30 years of clinical research in sexology practice, of evaluating and treating more than 60,000 patients with sexual dysfunctions .

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LOVE

The alchemy of sexual chemistry is in **Love!**

- Love your partner!
- Empathize!
- Relate Heart to Heart!
- Be affectionate!
- Be caring!
- Give quality time!
- Be a good companion! Sports, dance, music, travel and adventure together!

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PRAY

“A Loving Soul and a Prayerful Heart!”

- The togetherness will transform into oneness!
- Peaceful and relax mind.
- No stress and negativity – more Lovemaking!
- Freedom from anxiety, performance pressure and hurriedness!
- Positive visualization about life and relationship.
- Gratitude for everyone and everything.

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MEDITATION

- If you are centered in your being, you can better connect with partner and experience oneness.

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SENSUALITY

“Sensuality and spontaneity enriches love life.”

- Romance.
- Mischievousness and naughtiness.
- Develop the soft art of Pampering self and partner.
- Sense of humor.
- Knowledge of erotic zones.
- Learn science and develop Art of Love making.

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SLEEP - I

“Early to bed early to rise,
makes a man (and woman!) Healthy, Wealthy, **Sexy** and Wise!”

- Energizes!
- Rejuvenates!
- Natural Circadian rhythm improves sex hormones!
- Makes you cheerful!
- Connects you better with your partner!

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SLEEP - II

- Take continues sleep for 8 hours
- Avoid late nights, television, net surfing, social media.
- Watch our educational film on Sleep on youtube

https://www.youtube.com/watch?v=g00Ua2QzNUc&ab_channel=DRHITESHSHAH
Or search youtube with search words, " Dr. Hitesh Shah Importance of sleep".

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FRUITS

Provides antioxidants...**the natural 'Viagra'!**

- 3 to 5 fruits a day!
- Juicy, Solid, Seasonal.
- Especially Watermelon, Pomegranate, Berries, Jamun, Grapes, Bananas.
- Black dates. Fig (Anjeer). Tomato soup.
- Papaya is better for women, except during pregnancy.
- Preferably empty stomach / between meals.
- Dry fruits: Especially Anjeer and also Almond, Walnut and Kismis.

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NUTRITION

Eat with gratitude to Nature and one who cooks for you!

- Prefer whole grains especially millets like panch siri dhanya, barley, nachni
- Oil should be regional and preferably cold pressed.
- Black gram daal – whole.
- Avoid non - veg except sea food.
- Tomato soup with cinnamon (dalchini).
- Carrot – Beetroot – Avla juice
- Sprouts. Paneer. Flaxseeds.
- Whenever onion, white onion. Whenever nonveg, preferably fish.
- Eat with mindfulness. Derive pleasure of eating and feel relaxation of mind.

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PLAY

‘Sportsman spirit’ makes you a better lover!

Its exercise with fun!

Helps Secrete ‘Feel – Good’ hormones.

De-stresses you for better lovemaking!

“Family that plays together, stays together!”

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EXERCISE - I

More you exercise, more you can '**Sexercise**'!

- Expands lung (more oxygenation and its delivery.)
- Improves stamina.
- Improves feel good hormones and sex hormone.
- Helps overcome overweight, diabetes, blood pressure, addictions...all enemies of sex life.
- Prefer open air to gym, body weight exercises to gym equipment, natural proteins to supplements. No creatinine and steroids.

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EXERCISE - II

More you exercise, more you can '**Sexercise**'!

- Regular 45 minutes walks under sunlight.
- Periodic high intensity workouts.
- Pranayama and deep breathing.
- Suryanamaskar.
- Warmups. Skipping. Spot jogging. Jumping jack – military drill.
- Push ups. Pull ups. Sit ups. Planks. Squats. Stretching. Swimming.
- Avoid gym, body building, cycling, bike.

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DONT'S - I

- Late nights. Excess of gadgets and social media.
- Sedentary habits.
- Tea. Coffee. Smoking. Alcohol. Drugs. Soft drink.
- Ice cream. Cold water.
- Overweight.
- Junk food. Bakery items. Packaged food.
- Fried and packaged food.
- Sugar and sweets.
- White salt.
- Milk. Milk products.

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DONT'S - II

- Do not Harbor Stress.
- Learn the art of stress management.
- Do not keep mind preoccupied during lovemaking.
- Do not Nurture negative emotions like anger, sadness, worry, hurt feelings, hurt ego etc.
- Don't let your mood upset you or withdraw in relationship.
- Do not over - react.
- Do not withdraw in your own shell.

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AVOID

- Performance booster drugs like sildenafil, tadalafil, dapoxetine, clonazepam, paroxetine. They just work temporarily and with possibility of side effects and dependency without actual cure.
- Over the counter 'sex – tonics' and so called herbal aphrodisiacs.
- Performance booster drugs can be habit forming, has possibility of side effects and dependence. Also, it does not take care of the underlying cause hence problem keep worsening.

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LIFESTYLE DISORDERS

They are the leading cause of sexual dysfunctions.

Effectively deal with

- High blood pressure.
- High cholesterol – triglycerides.
- Diabetes.
- Thyroid disorders.
- Sleep disorders.
- Stress.
- Overweight.
- Sedentary habits.

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COMMUNICATE

- With partner. Learn communication skills including art of Empathizing!
- With expert. Share your concerns and problems.
- Early detection and solution of sexual dysfunction or compromised sex life can prevent lot of future psychological, relationship and social issues.

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SEXUAL DYSFUNCTIONS - MEN

- Erectile dysfunction
- Premature Ejaculation (Early Orgasm)
- Low Sexual Desire
- Performance pressure – anxiety
- Sexual Incompatibility
- Phimosis
- Paraphimosis

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SEXUAL DYSFUNCTIONS - WOMEN

- Penetration phobia
- Painful intercourse
- Low Sexual Desire
- Lubrication disorder
- Sexual Incompatibility
- Small opening
- Vaginismus
- Lack of orgasm

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SEXUAL DYSFUNCTIONS - COUPLE

- Unconsummated marriage
- Sexual incompatibility
- Desire discrepancy
- Lack of sexual chemistry and foreplay
- Emotional incompatibility
- Communication issues
- Extra marital affair

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HOW TO DEAL WITH SEXUAL DYSFUNCTIONS?

Effective solution demands Multidisciplinary, Holistic, Comprehensive and Integrated approach with,

- Homeopathy
- Sex Education –Counselling - Therapy
- Personal Counselling
- Relationship / Marriage Counselling
- Lifestyle management
- Stress and Stress disorder management
- Deaddiction

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“FOR COMPLETE SEXUAL HEALTH AND FITNESS

- Be Physically Fit and Healthy!
- Emotionally relax and happy!
- Relationship wise cordial and harmonious!”

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Take timely expert help to prevent...

- Dissatisfaction in spouse.
- Low self esteem.
- Depression.
- Marital discord.
- Extra marital affair.
- Addiction due to relationship disturbances.

Sexual problems can happen to anyone!

- **Take timely action to consult an expert, because you and your partner deserve all the happiness!**
- **We pioneer in comprehensive, integrated, holistic, multidisciplinary solutions for last more than 30 years, in the field of sexual and relationship health.**



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(Dedicated in interest of public health awareness)