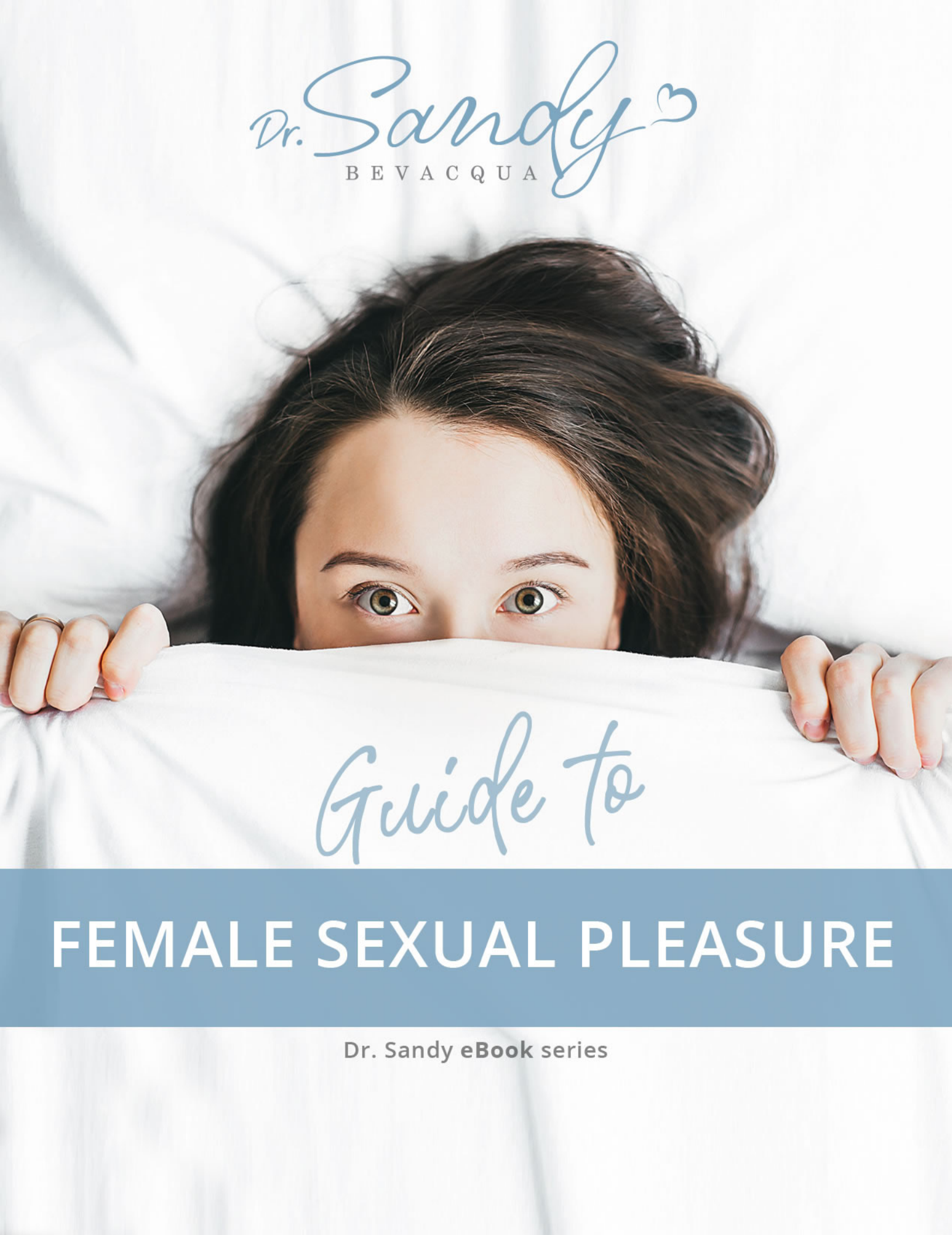


Dr. Sandy 
BEVACQUA



Guide to

FEMALE SEXUAL PLEASURE

Dr. Sandy eBook series



Dr. Sandra Bevacqua is a PhD in Molecular and Cellular Biology with additional expertise in Genetic Engineering, Nutrition and Human Biology. She is a women's health expert specializing in female pelvic and sexual health, hormone balancing, nutrition, and blood chemistry analysis. She is also a bestselling author on Amazon with *A Sense of Urgency! 7 Evidence Based Steps to Resolve Incontinence, Pelvic Organ Dysfunction, and Sexual Dysfunction*.

Frustrated by the lack of options available and disempowering messages being given to women with pelvic health and sexual concerns, she developed *The Pelvic Health Transformation Program and The Mystery is Over! Understanding Female Sexual Health*. In these online courses, women of all ages receive the education and techniques needed to naturally recover from all types of incontinence, urinary urgency, pain and loss of function due to pelvic organ prolapse, pelvic pain syndromes, as well as sexual misunderstanding or dysfunction.

In her private practice, located in Tucson, Arizona she works closely with each woman to create an individualized program which addresses each client's unique situation and gently brings her body, mind and spirit back into balance.



Many women hope and pray they find a partner who understands how to please them, can sense what they need and who knows how to make their toes curl with pleasure but were sorely disappointed when their men could never get it quite right.

Should it be any surprise that men don't know much about women's bodies, when many women don't know either?

It's difficult to communicate what feels good when you may not even know what you like. Then add the unrealistic expectations from a society getting most of its sexual education from movies and online pornography which is wrought with exaggeration, misinformation, ridiculous inaccuracies, and horrendous technique.

No wonder so many women cannot orgasm during intercourse alone!



The images and techniques viewed in pornography may shift expectations and perceptions of what men and women think is normal.

Another travesty is that genital plastic surgery is one of the fastest growing sectors of medicine because both men and women are confused as to what is normal and beautiful. Men think they're insufficiently endowed and have no training as to how they can best use what they possess.

Women think there's something terribly wrong with them in that their sexual tissues don't instantly respond like the women in the movies and that it looks terribly weird so they might need to hide it or have surgery to fix it.

Sexologists are reporting that the most common question they are asked by their female clients is "Am I normal?"

I can't begin to describe the layers of shame and insecurity that are present when a woman questions whether or not her most intimate parts are normal. Before she can be comfortable with her sexuality, she needs to know that the structure of her vulva and vagina (we will call these lady parts "Yoni") is normal!

Then she can develop a loving, kind attitude toward her Yoni.

The clitoris doesn't age. Pleasure is your birthright.



Take a look at the incredible variety of very normal vulvas in the images below.

The outer lips are called the labia majora, and they can be thin or wide, smooth or coarse. The inner lips are called the labia minora. They can be fat or thin, they might be symmetrical or very different in length, they can be almost invisible or extremely long, reaching straight out from the body or hanging straight down.



Notice the variety in the clitoral hoods, some are pulled back, some are quite large, some are tubular and others look like flowers. The variety is endless and very different from one woman to another. All are beautiful.

All of these variations are absolutely normal, and what I'm going to ask you to do is love what you have, ladies! It's perfect just the way it is.

Grab a mirror and a flashlight, and what I want you to do is take a very close look at what you've got without judgment.



Consider creating a Yoni Map.

When there is a problem “down there” we often don’t know what is normal for us because we rarely view or explore our genitals. This is an opportunity to explore your external genitalia and map out any structures you see or feel in the tissues on paper. Anything of visual note? Moles? Color changes? Scars?

Instructions:

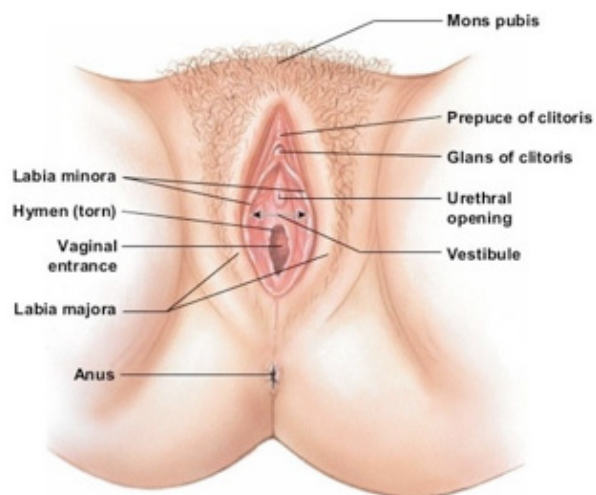
Find a quiet place where you can disrobe comfortably from the waist down and lie down. Grab your mirror and flashlight and start exploring. First note anything you notice visually while exploring your tissues. Then use your thumb and forefinger to gently squeeze the inner and outer lips (Labia) to feel for structures you can’t see. Make a note on your map of anything you find. If you have any painful areas, circle them in red.

Remember you’re not going to look like this diagram.

Whatever you see is exactly the way you are supposed to be formed. You are unique! You are an individual and there is no other lady like you. Just as your face is recognizably different and unique, the same is true of your yoni flower.

Your Yoni is one-of-a-kind and beautiful as is, just the way you are!





Take a look and see if you can identify all of the lady parts labeled in this diagram. Do your best to locate the major parts, find the inner lips and outer lips (labia majora and labia minora) as well as the vagina. The perineum is the tissue located between the vaginal opening and the anus.

You might be able to find the urethral opening (where urine comes out) because it can be challenging to find. But you ought to be able to find the head of the clitoris or at least be able to feel where it is.

Take a look at the shape of your clitoral hood and the shape of your inner lips. Draw what you see and make notes on your Yoni Map.



Awakening the pleasure centers

Much of a woman's yoni is infused with erectile tissue, yet, most of the landscape is frequently ignored as a pleasure zone. These tissues are primarily thought to provide only protection to the delicate parts within.



Most women don't realize the clitoris is so much more than the little button found under the clitoral hood or that when you stimulate all of these other connected erectile tissues, fireworks can happen!

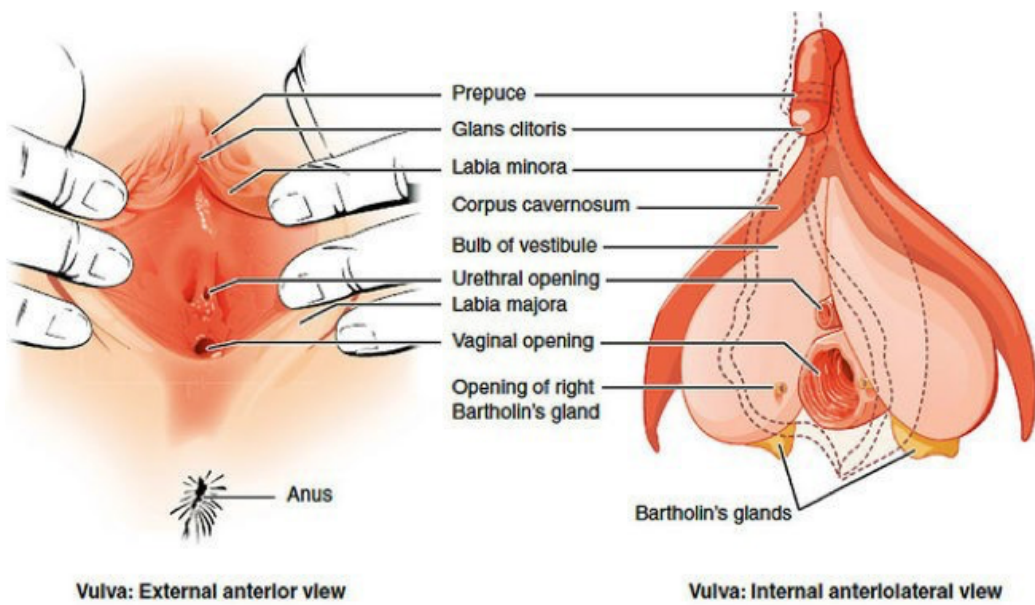
This is a colored sketch of a 3-D sonograph of an erect clitoris, (colored in yellow). You can see the head of the clitoris and shaft of the clitoris in the lower portion of the image.

The pointy crura of the clitoris extend back, off to the sides and deep into the body. In the lower center, you see the two corpus cavernosa wrapping around the outside of the vagina. Don't they look like two arms wrapping around the vagina (in lavender) and giving it a big hug?

Look again at the crura of the clitoris. They point towards the thighs when at rest, but when erect, they reach up and back, stretching towards and activating the spine.



Take a look at the images below of an erect clitoris.



On either side of the vaginal opening are the clitoral vestibules. They are found inside the labia majora.

When the vestibular bulbs become properly engorged with blood they actually press into the vaginal opening. This will cause the vaginal space to become tighter and the whole vulva to noticeably expand outward.

So, when you get all of these structures engorged and excited, you're going to have a hungrier, tighter vaginal opening to explore.





Here we have the erect clitoris as seen from the side. This angle will give you a visual of how your clitoris is oriented to the other tissues. The lavender colored organs in the image are the uterus (top), vagina (wider tube on the right) and fallopian tubes coming out of the uterus leading to ovaries. Below on the left are the bladder (triangular organ) and urethra (thin tube on the left).

See how far back the crura of the clitoris reach back towards the spine? That level of erection is a big deal! This lady will have spinal involvement and there will be a greater chance of an Earth-shattering whole body orgasm.

Pound for pound, inch for inch, women have the same amount, if not more, erectile tissue as men, and the clitoris is just one small part of it. Learning about the clitoris is just the very beginning of your education, but there are many more players on your arousal team.

Nevertheless, the clitoris is still the enthusiastic captain of your erectile team.



The next primary player is the G-spot, which has several names including the periurethral sponge, the Skene's Glands, the corpus spongiosum and the female prostate. (Yes! Ladies have a prostate just like men!) This glandular tissue can fill with fluid when stimulated. This fluid is the female ejaculate. It comes out with female ejaculation.

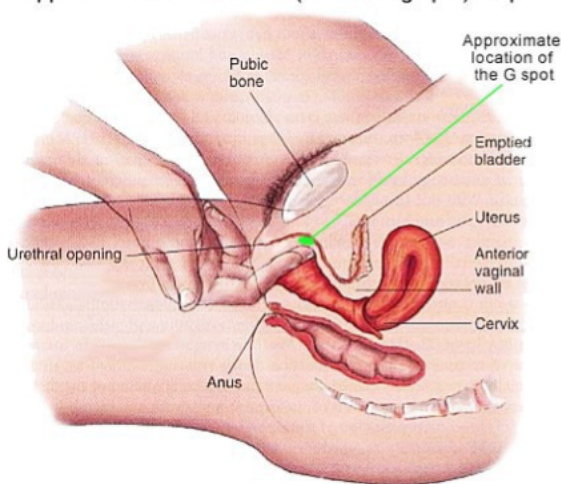
Unlike male ejaculation, female ejaculation is rarely associated with orgasm.

The G-spot can be awakened by gently stroking the area using a come-here motion with one or two fingers, a toy or during intercourse in certain sexual positions.

The G-spot is also referred to as the 'sacred spot' in ancient Hindu texts. In several ancient cultures orgasm at the G-spot has been considered a way to enhance consciousness and wisdom, and is considered an essential practice for developing a deeper spiritual connection between a woman and her most intimate partner.

The female ejaculate is slightly sweet in flavor. It has been used in several ancient cultures as an elixir or a type of holy water for blessings. Despite its clear or slightly yellow color, it should never be mistaken for urine.

Approximate location of the (Grafenberg spot) G spot



A woman's erectile tissue or network is made out of interconnected but separate structures of the clitoris. The clitoris is very closely connected to the vestibular bulbs, and more distantly connected to the perineal sponge and the female prostate (the spongy glandular tissue around the urethra).

The clitoris is made of three parts; the head, the shaft and body, and the legs. The vestibular bulbs are located on either side of the vaginal opening and they lie under the larger lips of the vulva. The female prostate or urethral sponge surrounds the urethra and lies above the roof of the vagina. It has connection to the vagina by way of the G-spot and is the source of female ejaculation.

The perineal sponge is a pad of erectile tissue that sits behind the vaginal floor, just above the perineum and within the wall between the vagina and the rectum. In addition, the inner labia include some loosely distributed erectile tissue. The top of the vagina or the vaginal vault ("A" Spot) and the anal sphincter are also erectile as well.

Female erectile tissue isn't limited to the pelvic area. If you've noticed their perky responsiveness, it's very evident that the nipples and the areola of the breasts are full of erectile tissue as well. We have erectile tissue in our lips, earlobes and the flaring openings of our nostrils that heightens our sense of smell when aroused.

Perhaps now it's clear how women might have at least as much and often more erectile tissue as a man.



If you are like most women, you're probably only using part of your genital equipment to generate orgasms and have not yet experienced long-lasting, 100% total body orgasms.

Okay ladies. It's time for your first chance at "HomePlay"!

Start by giving yourself permission to explore your playground and play there often. How do you wake your Yoni up? First break out some clean olive, coconut, almond or grape seed oil (preferably cold-pressed and organic) and gently massage the tissues of the Yoni. Now you know where they're all your parts are located so you can either focus on one area for a while until it responds then go on the next or you can rove from one area to another awakening all the tissues more or less in unison.

Go slow, dear one! Relax and breathe deeply. Dismiss thoughts of all the many things you ought to be doing as you would relax around the sounds of children playing in a very safe environment.

Forget about your cares and chores. Play some relaxing music. You may think loving thoughts or sing yourself a sweet song as you practice selfcare.

Please be patient. It takes time to awaken all the different areas of the female erectile tissues. This is normal and healthy! Remember, men are like microwaves while women are like slow cookers.



Along this journey, you may run into physical, mental or even spiritual road blocks. You may feel confusion, shame, anger or fear.

In Dr. Sandy's course, **The Mystery Is Over! Understanding Female Sexual Health**, you will get the training and skills to overcome these roadblocks and finally receive the love and pleasure you deserve. You will learn the first 7 orgasms that all ladies are capable of, even if you have never had an orgasm in your life.

You will learn all about your individual's needs, how to communicate them to a partner and how to finally leave sexual shame behind when you enter the bedroom.

This course has been nothing less than transformational for many women, young and mature. You will learn from top experts in the field of female sexual health who will give you the training that all women deserve and need to know.

You will finally have a map of your erectile tissues and will gain an understanding of how your tissues are unique and responsive. (We have only barely begun in this e-book!)

In The Mystery Is Over! Understanding Female Sexual Health, we have found that when we ladies receive the sexual attention and self-love we so desire and deserve, we experience deep satisfaction that enriches our lives. It makes us better mothers, wives and lovers. It also releases our creativity and deeply effects how we express ourselves.





Contact

For more information about the course and to learn more about what Dr. Sandy has to offer you, **sign up for our free email updates** at: www.DrSandyBevacqua.com

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