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In Brief (News)

Be Instantly Hotter
and Sexier in Bed

By Susan Bratton

GETTING A GOOD
START IN 2020

By Danny Vega

Luxe List

DATE NIGHT

A UROLOGIST'S
PERSPECTIVE

BY DR. OMAR DURRANI

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New Year. New You.

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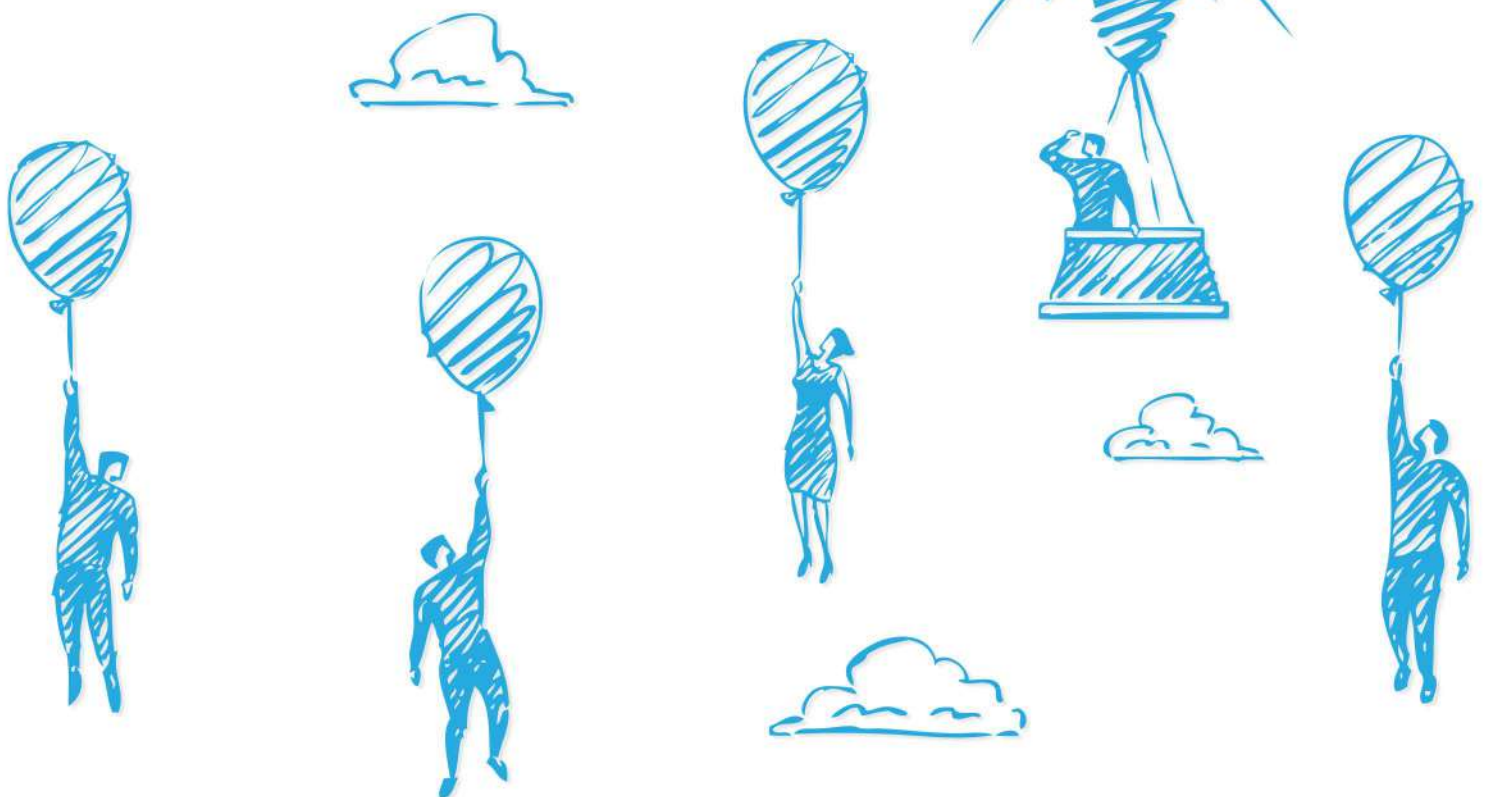
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In Brief (News)



“ED happens before CAD is detected in almost 70 percent of cases” Believe it or not, difficulty or inability to get an erection when aroused can be your body’s way of telling you to take a look at your heart health. <https://bit.ly/36uK9Qv>

“[A] sluggish sex drive is something many men deal with at some point in their lives.” Several studies, including the Male Ageing Study from the University of Boston, suggest erectile dysfunction affects more than half of all men to some degree, and is more prevalent in older men. <https://bit.ly/2YC4l0a>



“And she warns that if men continue to heavily booze after Christmas and well into the New Year, it could even cause their testicles to shrink.” Turns out that the holiday season wasn’t just doing a number on your wallet. Researchers say that the festive season doesn’t just increase the likelihood and amount of alcohol consumed, for many it also increased the frequency and severity of ED in otherwise healthy men. <https://bit.ly/2rMgAeU>



How to Be Instantly Hotter and Sexier in Bed

By Susan Bratton

This is the first in a series of six articles offering eye-popping insights, specific techniques, and actionable advice on how to up your game in the bedroom. Let's start with the basics, three techniques to boost your sex appeal...



The most important ingredient for truly great sex may surprise you. It's trust. Pure and simple, the more your lover trusts you, the more readily they can surrender to pleasure. The three simple techniques I'm about to discuss will strengthen the trust bond between you at a physical level. These moves increase trust and make you more tempting and desirable to your lover. You will feel more pleasure and connection, too.

But first, a quick caveat: these fundamental bedroom moves are so simple, even obvious, you may initially think, "Hey... I already know that." But I implore you: think again. Better yet, stop thinking altogether and start feeling your way into a deeper understanding of these basics and the boost of sexual confidence they can give you.

The three techniques are: Breathing, Touch, and Eye Contact.

How you breathe during lovemaking is crucial. I'm not talking panting or heavy breathing. I'm talking about using your breath to sync your nervous system with your lover's, so you become intimately conjoined. Breathing together, inhaling while she exhales, exhaling while she inhales, gets both of you out of your heads and into your bodies where you can feel the pleasurable sensations as you slowly merge.

Women especially have difficulty relaxing their minds to surrender to their pleasure. When you breathe with your woman, she will become more aroused more easily. In the link below, you'll find an eBook with exact instructions that explain, "how to breathe your woman to arousal." This technique of circular breathing allows tired nerves to regenerate so your lover will get more pleasure from your touch. This leads us to the second technique: touch.

It goes without saying that you want to put your hands all over your lover's body. What isn't so obvious is that when you touch her during lovemaking you are essentially lighting up her sensual "grids." Touch activates a person's kinesthetic sense and spreads the erotic energy around. So rather than focus on touching genitals or breasts, run your hands all over your lover's body. Though it might seem counterintuitive, full-body touch arouses women faster than immediate contact with her most erogenous zones.

Now let's talk about eye contact. The eyes are known as the windows to the soul for good reason. When you gaze into your lover's eyes you create a deeper connection. People often fall into their own space and focus inwardly rather than on each other. That has its place, of course. But you'll have a better chance of letting go and really feeling each other if you connect through the eyes first.

Direct eye contact makes some people uncomfortable. Eye contact is intensely intimate and may take some getting used to if it's not part of your usual repertoire. So, if your partner looks away, don't take it personally. It's common for people to be eye-shy. Be patient and start slowly. Even a moment of eye contact signals: "I see and appreciate you." And that naturally increases feelings of trust.

The next time you make love, breathe with your partner, touch their body all over, and look into their eyes. Start playing around with this dynamic trio of sensual skills and continually build on what you learn. Sex is an infinite field of possibilities, so have fun with it. I'll talk about how to dial up the fun-factor in next month's article with a technique I call, The Sexual Soulmate Pact.



Susan Bratton, Intimacy Wellness Expert and CEO of The20, maker of supplements for energy, vitality and a lust for life. Download her free eBook, "*How To Be Instantly Hotter and Sexier In Bed*" for detailed how-to's on breathing, touch, and eye-connection. This is the kind of know-how that will make you the best lover she's ever had!

The Luxe List

According to a recent study, the top five New Year's Resolutions in the United States are: exercise to get into shape (19.7%), diet to lose weight (18.3%), save money (14.8%), eat healthier, in general (11.9%) and lastly, to do something for self-care (5.5%).

To help you reach your goals this year, here are our top picks to keep you on track!



Something to Help You Get in Shape - **Whoop Fitness Band ver. 3.0**

This tiny fitness tracker is deceptively advanced. Tracking everything from sleep to steps, the Whoop Band V3 not only collects that data, but tabulates it and presents it in simple terms. It tells you when and how hard to hit it meaning you're always training for peak performance.

\$30.00 *mothly*, www.whoop.com

Something to Help You Diet - **Studio Kō Korean Tea Powder + Eunbi Ceramics Gift Set**

Almost bespoke in their collection, this set from Studio Kō's Ibi Yoo is the culmination of years spent collecting some of Korea's finest teas, including Matcha, which has been shown to reduce cravings and boost your metabolism by as much as 4X!

\$195.00, <https://bit.ly/35zCsIU>



Something to Help You Save Money - **Honey**

Honey is an amazing app and plugin to your web browser that scours the internet for the absolutely best possible deal on an item and will even swap it out for you with a simple click.

Free, www.joinhoney.com/ref/ge0sao

Something to Help you Eat Healthier - **Mushi Nabe Donabe Steamer**

The donabe has been designed to help you cook clean, healthy meals at home without any greasy oils or fats. Utilizing a custom insert, the donabe steams your meats and veggies perfectly in its ceramic housing. Also great for sushi.

\$190.00, <https://bit.ly/2szOVHx>



Something for Self-Care - **The La Mer Classics Collection**

Feeling good isn't the only thing that you should strive for in 2020. With La Mer's Classic Collection, you get their three most popular products: the Eye Concentrate, Regenerating Serum and Crème de la Mer. When used in concert, they help to create skin texture that is bright, renewed and full of moisture.

\$500.00, <https://bit.ly/2YXhNvJ>



Khruangbin | Hasta El Cielo

What's maybe the most difficult thing to describe about Khruangbin's music is maybe where it fits in the auditory landscape. Maybe the best way to describe this audible journey is to say that it feels very much like listening to a movie. Maybe it's the fact that there are no lyrics, or the fact that each song is its own sexy, little journey. Regardless, Hasta El Cielo is such a refreshing album, I'm sure you'll find yourself setting it as the soundtrack to many a weekend.

DATE NIGHT

Brownies by Katharine Hepburn

Often lauded for her fierce independence and adventurous personality, Katharine Hepburn was the picture of a modern American woman. When, as a young woman she was involved in a car accident, the father of one of her friends made her brownies, which she promptly spit out. Legend goes that instead of demurring to another topic, Hepburn instead gave the gentleman the recipe you read below. I've tried it. It's fantastic, and if you have any talent for baking, you may also want to pair these with any delightful, creamy peanut butter whipped cream.

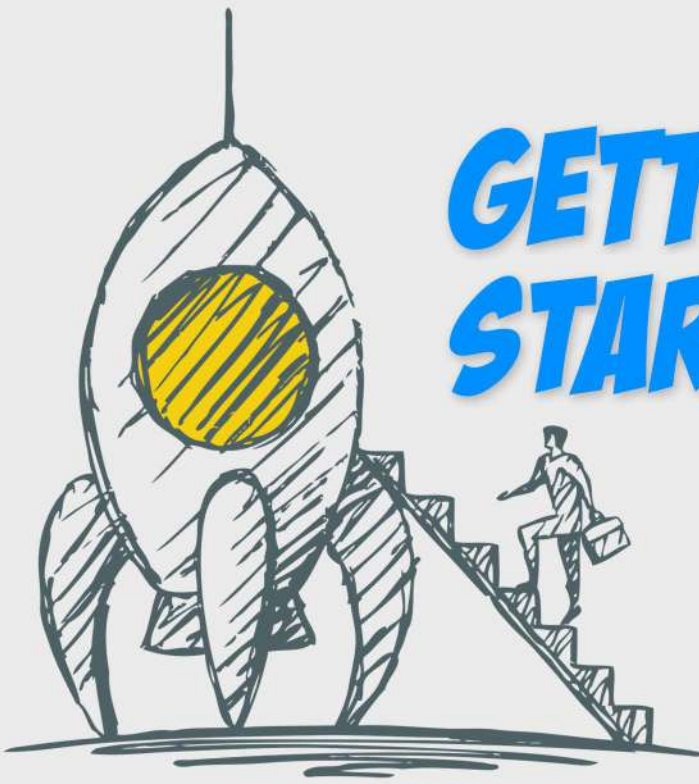
INGREDIENTS:

- 1/2 cup high cocoa
- 1 stick butter
- 2 eggs
- 1 cup sugar
- 1/4 cup flour
- 1 cup crushed walnuts or pecans pieces
- 1 teaspoon vanilla
- A pinch of salt

TO PREPARE:

1. Preheat oven to 325°F
2. Melt butter in saucepan, one liquid add cocoa. Stir until smooth
3. Remove from heat and let cool
4. Once cooled, add and mix eggs one at a time
5. In a separate bowl, mix sugar, flour nuts, vanilla and salt
6. Combine wet and dry ingredients
7. In a greased 8x8 baking pan, pour mixture
8. Bake 35 minutes or until done
9. Remove from heat and let cool
10. Cut into bars and enjoy





GETTING A GOOD START IN 2020

By Danny Vega

To say that my first semester at Columbia University was very challenging would be underselling it. As if it weren't stressful enough being a freshman at a prestigious university, adjusting to my first college football season while simply getting used to being a "grown-up" and taking 17 credits all seemed doable to a much younger, more naïve me. The truth of the situation was, I was struggling.

I had never been shy about responsibility, so the prospect of a little hard work didn't intimidate me. Every day, I was taking a bus 30 minutes each way to our team's practice facility. Once there, I had my regular practice, lifting, offensive meetings, running back meetings, film meetings, 2 work study jobs, and of course, classes.

So, in the face of this, I felt the only logical response at the time was to meticulously schedule every day to stay on top of everything. The result was a 3.45 GPA for my first semester. Fast forward a few months to Spring--life became much easier.

With the knowledge of the previous semester behind me, I then went on to take only 13 credits, I cut down on the number and severity of my obligations (with the exception of Spring football, which only lasted a little over a month), and can you imagine what happened then?

My GPA fell to 2.75.

I learned a lot from that experience. It was one of the first times (and sadly not the last) when I realized that life is longer than a semester. If I were to succeed it would mean that I would need to adapt to the situation. I'd need to become unrelenting, unstoppable and dedicated.

And it is this promise that I made to myself that would make this the only semester I ever ended with less than a 3.0 GPA.

I think that sometimes the problem with success is that it can look like simple, random good fortune to those who aren't paying attention. To them they see only the result, not the hours of dedication and hard work that went into actualizing that success.

It reminds me of one night in 2017, as I struggled with myself to sleep for the first time in a long time. Though I didn't recognize it at the time, my staying up until the early hours watching The Punisher wasn't about being invested in what happens to Frank Castle next. It was about rebellion.

Rebellion to having to work, to the slow struggle of pursuing a passion, to not having enough time to get to everything. As I switched the TV off and lie there, I did my best to slow my thoughts down and center myself. I prayed and tried to calm down, eventually passed out. I awoke terminally tired the next day.

Fortunately, with the fatigue came a clarity and with clarity, a new beginning.

For many, the end of the year can be extremely overwhelming. There are so many stressors--at work, many companies work on a calendar fiscal year, so the end of the year is crunch time for delivering that sales number, closing on all ongoing sales and projects you have going, and evaluating your performance with your superiors.

Along with work stressors come the social stressors of the holidays. Travel. Parties. Family obligations. And there are always at least one or two conflicts (or more) with family and friends that we are working through. Just getting over the holiday season alone is enough to elevate the blood pressure of any level-minded person. And despite it all, even our best efforts, this stress can very easily turn into resentment.

We resent that our lives are so complicated. We long for simpler times. It's much easier to stay in our comfort zones. I used to eat to feel good. "Oh! That looks delicious," I would think to myself as I stuffed my face with pastries and junk food whenever I wanted. I used to just show up at work, do what needed to be done and no more. I would watch TV and have lazy Sundays, order out pizza and think nothing of it. No children meant all the free time to do anything I wanted, which most of the time meant nothing significant or fulfilling. I would skip workouts and train only when it was convenient.

The problem with this, is that I looked and felt like crap. I didn't have as many responsibilities, but I also didn't get to experience the massive growth that came with those responsibilities.

I am writing this today to light a fire under your bottom. We all need to immediately take our thoughts captive, let go of that resentment and turn to gratitude. I am grateful that I can wake up at 4am and work on my personal development. I am grateful for 2 beautiful boys who are as different as the day is from the night, and who present all types of challenges for me to work through and find solutions. I am grateful for all the responsibilities I have at home, because it means I am helping my wife and making her life easier. I am grateful for my love and my best friend, Maura. I am grateful for the daily events that require me to use patience and tact, so that I always act in a way that displays my most virtuous self, as opposed to my weakest and worst self. I am grateful for a body that can walk, run, lift, row, and a million other things, and I will express my gratitude by challenging this body week in and week out. I am grateful for the challenges I have had in the past several years that have led to some of the most profound and rewarding epiphanies in my life, and for finally accepting my purpose. I am grateful for all the opportunities to help others--the direct messages, questions, texts and phone calls I get every single day--because this means that I have something that others can benefit from.

When you break it down, it really doesn't get much better than that! I can have direct impact on others' lives because of my God-given talents, and the same goes for you. Lastly, I am grateful for every single challenge and challenging character that comes into my life, because it's another opportunity to prove to myself how strong I really am.

What should we do in light of these realizations? What are the specific instructions?

Well, as discomfoting as this might be to read, there are none. Time is going to continue to pass and you may not make it to see tomorrow. There will continue to be pitfalls, challenges, and setbacks. Our old mistresses--laziness, apathy, conformity, procrastination, and the negative emotions--will ALWAYS call to us. Like the Sirens singing to Odysseus and his crew to lure them into crashing their ship against the rocky coast, they will try to get you off your game and turn away from intentional living. All we can do is consistently check ourselves and take inventory of the types of thoughts we allow into our mind.

We can't do this life thing halfheartedly. We must be disciplined in our habits. As Epictetus said, "Since habit is such a powerful influence, and we're used to pursuing our impulses to gain and avoid outside our own choice, we should set a contrary habit against that, and where appearances are really slippery, use the counterforce of our training."

Here is my call to action to myself and everyone reading this. I do not want to complicate our lives any more than they already are. However, if we want to start 2020 on the right foot, let's focus on two things this month. The first one is perfectly summarized by Seneca:

"Let us prepare our minds as if we'd come to the very end of life. Let us postpone nothing. Let us balance life's books each day. Life's greatest flaw is that it's always imperfect, and a certain portion of it is postponed. The one who puts the finishing touches on their life each day is never short of time."

There are a lot of goals that will take time to complete, and we must live with that. At the same time, there are things that need to be done every day. These things are in our control, and we should get them done with haste. Let's embrace the process. Let's embrace the minutiae and the errands. Let's embrace adulting. And at the end of every day, let's write down at least one thing we are specifically grateful for that day, as well as one important task we brought to completion that day.

Let's try to move our focus away from external events that happened that day (such as, "I got a raise", or "the weather was nice") and towards internal events (such as, "I was challenged at work when we had a holiday party and I stuck to the plan"). Write down your wins in a journal or use the "Joy Jar" method. Every time you experience something that brings you joy, write it down on a small piece of paper, fold it and place it in the joy jar.

Next New Year's Day, open your jar and read all your notes for the previous year.

No matter how bad you think that year was, your joy jar will help remind you otherwise.

MAKING HEALTHY LIFESTYLE RESOLUTIONS IN THE NEW YEAR: A UROLOGIST'S PERSPECTIVE

BY DR. OMAR DURRANI

As we embark on another year of life, we all have an opportunity when it comes to getting our health on the right path. Most of us know what this generally looks like: Exercise more, follow a good diet, maintain a healthy weight, get enough sleep, reduce stress, and see your doctor on a regular basis to screen for things like blood pressure, cholesterol, and blood sugar. Also stop smoking and limit alcohol intake.

Easier said than done, right? Most of us, myself included, are too busy working and taking care of our families. The good news is that any effort you make in the right direction is worthwhile. I recently read that in an article from Harvard medical school entitled “Why it’s hard to change unhealthy behavior--and why you should keep trying”. The authors stated that “long lasting change is most likely when it’s self-motivated and rooted in positive thinking”. They also recommended making a few specific goals such as “I’ll walk 20 minutes/day” vs. “I’ll get more exercise”. You also need a plan or practical way to reach your goal (such as having healthy snacks nearby).

Making healthy lifestyle choices

Below is a quick reminder of what you and I can both do to improve our health for the new year and beyond.

Let’s start with the basics:



The U.S. News and World Report gave the Mediterranean diet the gold medal in 2019. This diet can reduce the risk of diabetes, high cholesterol, dementia, depression, and breast cancer. People also experienced stronger bones, a healthier heart, weight loss, and a longer life.

In addition to an emphasis on extra virgin olive oil and less meat and refined sugar, it also focuses on getting plenty of fruits and vegetables.

Just how important is that? One study from the Friedman School of Nutrition Science and Policy at Tufts University presented at the Nutrition 2019 annual meeting estimated that roughly 1 in 7 cardiovascular deaths worldwide could be attributed to not eating enough fruit and 1 in 12 deaths to not eating enough vegetables. They pointed out that fruits and vegetables contain good sources of fiber, potassium, magnesium, and antioxidants that have been shown to reduce blood pressure and cholesterol. They also promote good bacteria in the gut and reduce the rates of obesity and obesity-related diseases.

One more pearl that I recently shared on a GAINSWave podcast with CEO Mark White, is to get familiar with a medical doctor named Dr. Mark Hyman. He is a ten-time NY Times best-selling author of books such as “Eat Fat, Get Thin” and the director of the Cleveland Clinic Center for Functional Medicine. (I keep 2 of his books on my waiting room coffee table for people to read.) Dr. Hyman is one of this country’s leaders in the movement to educate the public that nutrition is medicine. One resource of his that I love to share is his “Good Fats vs. Bad Fats: Dr. Hyman’s Healthy Cheat Sheet.” which helps to dispel some of the fog surrounding the impact of different fats on the body.





Exercise

Q: How much exercise do you have to do to prevent cardiovascular disease (the #1 cause of death in men and women)?

A: Most people need at least 150 minutes per week of moderate exercise, or 75 minutes of vigorous exercise per week.

This comes from the “2019 Updated Cardiovascular Disease Prevention Guidelines” from the American Heart Association and American College of Cardiology. I’ve included a nice article written for the layperson summarizing these guidelines from the Johns Hopkins newsletter. There’s an easy-to-read wheel diagram on the first page that summarizes what you should be doing to stay fit, followed by a breakdown of recommendations by age group.



Urology

Following a good diet and exercise plan are important not only for the prevention of heart attacks and strokes but also for the prevention of other diseases and to help improve our ability to function independently as we get older.

In my field of urology, for example, it has been shown that following a heart healthy diet can help men prevent prostate cancer, prevent kidney stones, boost testosterone, and even lower the risk of erectile dysfunction (ED). Did you know that the majority of cases of ED are due to the same plaque buildup in the arteries that can cause a heart attack or stroke later in life. In fact, having ED puts you at nearly double the risk of a future heart attack and/or stroke, especially if you are younger than 50.

Conclusion

We, myself included, can all make a point of eating more healthy and being more active. Modern medicine can only do so much in terms of pills and surgery. If we really want to live a long and healthy life, it’s really up to us. Obviously, the earlier we get started the better so, what do you say? How about getting started today?

Your body will thank you, and while you’re already there, why not also take a sec to get your blood pressure and lab work done? Annual checkups can help prevent a whole host of complicated and expensive problems, and most can be addressed without pills or surgery with simple lifestyle changes.

Want to learn more? [Check out my blog on prostate cancer screening](#) to learn more about the pros and cons and when you should get started.

GAINSWave®



Anywhere.
Anytime.
All The Time.





GAINSWave is a drug- & surgery-free, non-invasive treatment for men to optimize sexual function and reverse the effects of Erectile Dysfunction (ED).

Treatment utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulate the growth of new blood vessels.

- Enhances erections
- Improves sexual performance
- Increases sensation
- Treats ED & Peyronie's disease
- Exclusive patented methodology for treating ED

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