



YOUR ORGASMIC PREGNANCY

Little Sex Secrets Every HOT Mama Should Know

Danielle Cavallucci and Yvonne K. Fulbright, Ph.D.

“This book was a relief to read after thumbing through so many pregnancy books that quickly skirt over a topic that is central to life during pregnancy. It keeps a light--but not condescending--tone while exploring each trimester and the big topics that transcend whatever week of your pregnancy you find yourself in. Recommended for any pregnancy.” — LibraryThing Early Reviewer

A Bun in the Oven — But a Tiger in Bed?

(Alameda, CA – October 2007) Pregnancy *can* be sexy, and the recent rash of expectant celebrities on the red carpet proves it. Peggies everywhere are loving their new curves and showing them off, feeling they no longer have to choose between being sexy or being maternal.

Written by a nationally recognized sexologist and a birthing mentor/pregnancy fitness specialist, *Your Orgasmic Pregnancy* shakes up the notion that pregnancy is not sexy. Contrary to centuries-old misconceptions, sex during pregnancy can be safe, exciting, hot and satisfying. The dynamic duo of Cavallucci and Fulbright address all the questions peggies want to ask, but are often afraid to address. Women get advice about:

- how to get sexy, stay sexy and maintain intimacy in their relationship
- the fears and myths about having sex during pregnancy
- how to keep the passion alive during pregnancy and beyond
- exploring your orgasmic potential and the best sexual positions for later stages of pregnancy
- loving and caring for a pregnant body

With over twenty helpful illustrations, this guide to sex during and after pregnancy encourages women to love their fertile bodies and appreciate its many changes. From discussion of increased libido to self-consciousness to post-pregnancy sex, the authors use their knowledge and personal experience to help women make their pregnancy a wonderful, sensual, enlightening time.

They prescribe not just sex, but an overall “love yourself” mindset that emphasizes positive thinking, confident lovemaking and a dedicated effort to make pregnancy a “growing” experience in more ways than one. This little handbook will delight all women and their male or female lovers, whether currently, formerly or planning to be pregnant.

ABOUT THE AUTHORS

Danielle Cavallucci is a California native with a yen for yoga, dance, health and horses. As an ISSA certified Fitness and Nutrition expert, Cavallucci incorporated her yogic, movement and nutritional expertise to forge customized fusion programs for her mostly female clientele. She received Usui Reiki I, II, III and master's training from Masters David Gleekel and John Salat, studied Dahn Yoga and Dahn Mudo under Ilchi Lee's famous organization, forged a new and improved sex and sensuality coaching model with co-author and Sensual Fusion business partner, Yvonne K. Fulbright. She is the proud mother of Brando Benjoseph Cavallucci Yuhasz and has had the honor of attending several births and assisting many mothers in the quest to regain, renew and restore their sensual prowess.

Yvonne Fulbright, Ph.D., has established herself as one of today's leading sexuality experts. She received her master's in sex education from the University of Pennsylvania and her doctorate from New York University. A human sexuality professor at Argosy University, Yvonne is the author of a number of books and the co-host of Sirius Maxim Channel's *Sex Files*. In 2004 she founded Sexuality Source, Inc., a communications and consulting company and in 2007 launched sex coaching services with Danielle Cavallucci at www.sensualfusion.com. For more information on Yvonne, visit www.sexualitysource.com. She lives in Washington, D.C.

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P R E S S K I T S U P P L E M E N T A R Y I N F O R M A T I O N

First Trimester Sex: The Goddess Is with Child

While caution is understandable and, in some cases, advised, most couples can continue with their normal pre-pregnancy sex lives, providing normal doesn't include death-defying gymnastics or acrobatics, rough or violent play, or insertion of oversized objects. This in no way indicates pregnant sex can't have its wild side, as Jay, whose wife is pregnant with their second child, says: "There's something about my wife being pregnant that changes my outlook on having sex. The whole idea of it is different. You get so used to worrying about getting pregnant and the ramifications of that, that when she *is* pregnant, there's a different attitude, making it more fun and relaxed. She's already pregnant, so there's less at stake. That distracting worry is no longer there: nothing can possibly change from this. There's a possibility of things sizzling even more because sex isn't so high stakes—we can let go a little more."

Second Trimester Sex: Prepare to Be Tantalized

"My tiny hump has my partner so excited. You should see how he talks to it. It's so sweet and sexy," coos Sabine, who, at four months, feels sexier than ever. "During sex, he'll check in with the baby. We refer to the whole sexual experience as "family bonding." This from a preggie whose most notable first trimester experiences were fatigue and nausea! So, for those of you who can relate, we're not pulling your leg. There *is* hope!

Third Trimester Sex: Improvisation Is Key

No matter what went on during the first six months of your pregnancy, during the third trimester or "T3," from your 28th week of gestation to delivery, you may find your libido taking a serious nose-dive. The bottom line is that, as your abdomen becomes increasingly crowded with baby and your organs scrunch closer and closer to your throat, feeling sexy can become seriously challenging. Along with tender, swollen (though magnificently plump!) breasts, the fatigue of toting around extra weight can further reduce sexual interest and satisfaction. That's not to say, though, that it is impossible. Many a Hot Mama in T3 is as ripe and ready as ever, enjoying sex right up until she meets her child face to face. It really comes down to each individual and couple's needs, desires, abilities, and preferences to make the most of whatever situation you find yourselves in.

P R E S S K I T S U P P L E M E N T A R Y I N F O R M A T I O N

Some Tips for Partners

1. Clean the house!! Relationship expert Dr. John Gottman found that when a partner frequently pitches in, i.e. mops, dusts, and washes dishes and the like, the couple enjoys a happier sex life and better marriage. What makes this such an aphrodisiac for gals? It demonstrates that their lover cares for them and understands their responsibilities. Don't forget, too, that pitching in leaves her a lot more energy to put out!
2. Your oh-so preggie partner may run into a freezing fear of being incapable to satisfy you sexually. Fear not – both of you can achieve plenty of satisfaction during this awkward stage of pregnancy with a little patience and communication. Please, partners, if you are not already in the habit of doing so, let your preggie know how amazing it feels to be with her, to be pleased by and to please her, and how much you love her. Little terms of endearment in vulnerable moments and well-placed tender nothings are wonderful lead-ups to all the pleasures we've been mentioning!
3. There will be times when your preggie truly has no conscious awareness of what she does. You may have to swallow your pride and humor her in some extremely bizarre situations, especially because this often means peace-keeping in the interest of preserving any hope for intimacy once her hormones get back under control, as Raleigh's hubby did: "During the first trimester, there was a time when Pirro Cy's breath smelled like urine to me. But everything did as well. So I was always giving him aids."
4. One's partner can help alleviate the negative aspects of motherhood. Many of the issues a postpartum woman faces that contribute to her lack of libido include: confinement, a lack of uninterrupted time and freedom to pursue personal interests, little or no social life, needing a break from the demands of the child, an inability to control and define use of time, loss of confidence, and difficulties in coping with an infant's feeding and sleeping patterns. Partners can help mothers out by babysitting, giving her some time to reconnect with herself, especially her sensual self, or, better still, having a babysitter step in for even just an hour or two for both to have either time alone together or apart! Sometimes she will need her lover to take the initiative in setting up some alone time, especially if she's feeling guilty about giving herself some time away from the baby.

P R E S S K I T S U P P L E M E N T A R Y I N F O R M A T I O N

Sex During Pregnancy: Fears and Myths

FEAR: My preggie may not be up for sex, so I shouldn't bring it up.

REAL DEAL: A preggie may or may not be up for sex, but the only way to find out is to ask her! Many men, like expectant Papa Rob, a 31-year-old entrepreneur, admit that they feared imposing any sexual demands on their partner: "I'm really conscious of keeping with my wife's expressed desire. I don't want to be like "Let's have sex" because she has a lot going on. That leads to interesting dynamics, especially since she has masturbated a lot more since getting pregnant."

Our advice to Rob and others: Go ahead and put it out there. Worse-case scenario, she says she's not in the mood and you have to gratify yourself. Chances are, though, that she will take you up on your offer plenty of times. The only way to get what you want is to inquire!

FEAR: Sex during pregnancy will harm the fetus.

REAL DEAL: In 1998 Dr. Kirsten von Sydow published a review of 59 studies, conducted between 1950-1996, on sexual activity during pregnancy, concluding that, as long as there are no risk factors (e.g., a sexually transmitted infection), sex *does not* cause harm to the fetus. In fact, a 2001 study by Sayle, Savitz, Thorp, Hertz-Picciotto, and Wilcox, interviewing 1,853 pregnant women, indicated that sexual activity may even have a protective effect against early delivery.

FEAR: The penis and sperm might harm the fetus.

REAL DEAL: It is physically *impossible* for the penis and semen to come in contact with the fetus. Furthermore, the uterus is sealed off by a mucous plug, which acts as a barrier for ejaculate. And if your male partner is worried that his "massive beast" is going to bang up against the baby, you can assure him that your cervix further protects your little one from his manliness. "Remember," states Dr. Amanda Meulenberg, M.D., of New York Downtown Hospital's Department of Obstetrics & Gynecology, "the fetus is surrounded by water and two membranes called the chorion and amnion that provide cushion. Between such protection and the cervix, there is no way the two heads can come into contact."

P R E S S K I T S U P P L E M E N T A R Y I N F O R M A T I O N

Authors Danielle Cavallucci and Yvonne Fulbright will reveal...

- the importance of “me” time for new and expectant mommies
- positions that take pressure off the belly and the fetus
- sexual and sensual activities for those times when you’re not in the mood for genital intercourse
- fears: the ones you should disregard, and the ones that deserve attention
- exercises that will prolong, improve and speed up the recovery of your sex life
- how to spice up sex during pregnancy, including: lingerie, sex toys, role playing, vibrators and pornography
- ways that partners can help, communicate and keep their relationship strong during and after pregnancy
- when you need condoms, IUDs, the Pill and the Patch, and when you don’t
- breathing, acupressure and yoga exercises that will keep new mothers calm, centered and collected
- how your sex affects the baby
- whether growing, tender or leaky, how to treat (and get pleasure from) your breasts

P R E S S K I T S U P P L E M E N T A R Y I N F O R M A T I O N

Questions for Danielle Cavallucci and Yvonne Fulbright

1. What is one of the most surprising things you learned while writing this book?
2. What is something in this book that will surprise readers?
3. What would you say to people who think that mothers should spend their time with their children, not trying to fit more sex into their lives?
4. What is society's perception of pregnant women? Is it a bad thing or a good thing?
5. Why do pregnant women benefit so much from sex, and what are some of those benefits?
6. This book puts such an emphasis on sex and the importance of sex during pregnancy – what if a woman or her partner isn't in the mood?
7. What are some of the best/easiest/fastest ways that a woman can make herself feel sexy during pregnancy?
8. Does this book have any helpful information for women who are pregnant and do not have life or long-term partners?