

B THE NEWSLETTER

A Monthly Edit: By Lia Bartha



Sex

By Lia Bartha

Soooooo, sex is the topic this month. This can be a polarizing subject for some. I know I've certainly felt slightly uncomfortable talking about sex in the past but as I get older and more confident in my body, I find myself wanting to discuss more and more with my friends and since I consider you all my friends...let's do this!

I'm going to start off by saying, sex during the pandemic was challenging. My husband and I have always had great sex but launching B The Method together, while managing virtual school with our two daughters and never leaving our apartment, wasn't exactly the sexiest of situations. We were busier and more stressed than ever, even without factoring in the covid fear and social unrest outside of our walls. I was so focused on my business and my children that I had lost a deeper connection with my husband. We were still having sex but it felt disconnected and routine. It felt like we were just giving each other orgasms without any real intimacy. We were having results driven sex.

This is what connects B The Method and sex so intrinsically. Exercise and sex, for so much of my life, was always results driven. When I was in my twenties, exercise was about losing weight and seeing my body solely through a physical lens. Sex was about being wanted and having an orgasm. Now, I'm not saying that these things aren't important in the big picture but when we only focus on end results, we can forget to enjoy the journey. With a little more care and focus on the foundation that holds us up, we not only make those results even more satisfying but we can also make the journey feel like one long orgasm. :)

xx

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The Focus

The pelvic floor, sex and pleasure

We can't talk about sex and pleasure without talking about the pelvic floor. It is the holy grail for optimizing your sexual experience. (That's right, there will be absolutely no more talk of the "G-spot" on my watch.) We are going to start things off with understanding exactly what the pelvic floor is, where to find it and how it's related to sex.

The pelvic floor is a group of muscles located in your pelvis that stretch like a hammock from your pubic bone to your tailbone. We often think of the pelvic floor in relation to women but the truth is that men have one too and it functions in a similar way. The pelvic floor is there to support some pretty important organs like your bowels and abdominals from downward pressure, the stability of the pelvis, lower back and hips, the sphincter function, and the orgasm.

Now that we have a visual and understanding of its importance, let's talk about what can happen sexually when we put our pelvic floor health on the back burner. Simply put, you can become too tight or too loose if you don't spend enough time caring for these muscles. An overly tight pelvic floor can cause sex pain, whereas an overly weak pelvic floor, can lessen your orgasmic sensation.

The biggest misconception is that losing "tightness" is a pregnant/mom problem only. Yes, childbirth does some funky things to your vagina but so does heavy lifting, jumping, running or even something like straining when pooping.

All of these activities use your pelvic floor muscles. On the contrary, the pelvic floor can be too tight and unable to fully relax due to stress, trauma, over exercising, injury and many other factors such as Endometriosis and even IBS. I've dealt with each and every one of these in the past. Tightness in my twenties from over clenching and being self-conscious/anxious/stressed/body-obsessed, plus a million other things I was dealing with at that age. And then, my pelvic floor became weak from excessive pavement pounding during my cardio addiction phase. And guess what - I didn't really enjoy sex during this time because my mind wasn't fully connected to my body.

It wasn't until a very knowledgeable and fearless friend shared her own experience with me, that I started to understand and care about the pelvic floor. She held nothing back and I appreciated that so much. I hope I can be that person for you.

The Method

B the method improves your sex life

So now that we understand the importance of finding that sweet spot, not too tight but not too weak, let's talk about how my method WILL improve your sex life. Bold statement, I know, but my practice has dramatically intensified my orgasms AND my ability to control them. (Justin would love to believe it's all him so just keep this between us.)

As we dive into the details, I also want to make sure to share a list of signs to look out for when identifying the current health of your pelvic floor. Save for future reference!



Signs you are dealing with tightness:

- Constipation
- Inability to empty the bowels or straining when emptying the bowels
- Painful urination and/or frequent feelings of urination
- Sex pain
- Pelvic pain
- Lower back pain
- Hip pain
- Tailbone pain
- Vaginismus (a body's reaction to tightening up when there is vaginal penetration.)

Signs your dealing with weakness:

- Leaking pee when coughing, sneezing, jumping or running
- Failure to reach the toilet in time
- Passing gas from any hole in your genital region
- Feeling of heaviness in the pelvis or lower back
- Heaviness in the genitals
- Reduced vaginal sensation
- Inability to orgasm

And, if you have been dealing with any of these issues for a long period of time and nothing is helping, it is time to go see a specialist and checked out.

Wherever you are on your pelvic floor journey, it's important to give yourself, and your body, time and patience. Remember, the pelvic floor is a muscle (or a group of muscles) and these muscles need to be strengthened in the proper way in order to function properly. If you rush it or work them out improperly, you risk injury and maybe even worse...bad sex. Starting to get the connection to B The Method yet?

Okay, I know what you're thinking: Lia, can we please skip the foreplay and get to the part about how the method relates to orgasms! Well, I'll start with something my husband likes to remind me of...don't forget the balls. Or in our case, the ball. (sorry, I couldn't help myself. Hehe) The use and execution of the ball "squeeze" when placed between your knees, not only assures hip alignment but also gets your pelvic floor activated, finding an engaged and released cadence, aka control. This ability to control your muscles is a major key to better sex. When you learn how to control this area, both mindfully and physically, you will have a better understanding of how to deeply connect to what feels good. Next time you take a class, be aware of which position feels most connected with your pelvic floor. Is it on your back, on your knees or even standing? Also, be aware of which position you are having trouble connecting with. This will not only help you locate your strengths and weaknesses but will also increase your focus and intention on the mind-body connection.

So, if you have been feeling in need of a little motivation to stay consistent in your regimen these days, make this is it. The power in finding strength and control of the pelvic floor has no limits and will absolutely improve stimulation, blood flow and intensity. We all deserve to know what we need and how we can get it. *TIP:* The best exercises for better sex are the ones with the ball between your knees or ankles. Make sure to squeeze the ball with your pelvic floor, lower abdominals and upper inner thighs rather than your knees and ankles! This will be a light squeeze. You may not even see the ball move and that's ok.



The Essentials

Other things to try at home for tightening and loosening the pelvic floor

Carve out a little extra time to get acquainted with your pelvic region. For those of you who've identified any symptom on the list above (more common than you may think and so many people are right there with you), here are a few tools you can use, along with my method, to help with strengthening and stretching of the pelvic floor muscles.

A tool for tightening:



Elvie Pelvic Floor Trainer

This is a pelvic floor trainer that syncs with an app to help you stay consistent with building up strength in these muscles. It keeps track of your progress and allows you to set goals and reminders to keep you motivated to continue!

A tool for loosening:



B the ball

The ball is the absolute best tool to use for giving your pelvic floor a really nice and effective stretch (and massage). Favorite use: Sit directly on top of the ball, on the floor or on a chair, legs spread apart and rock side to side, forward and back. You can also lean forward for an added hip and back stretch.

The Pantry

Homemade, vegan chocolate with for your libido

Leaving you here with this awesome recipe for homemade, vegan chocolate. Justin and I made this a while back and I received SO many requests for the recipe, so here it is! It is such a fun activity to do together and much better than store bought chocolate in my opinion. Plus, it has mucuna powder for a little boost in your libido and dopamine, plus cacao nibs for blood flow stimulation. :)



Mood boosting chocolate with benefits:

Ingredients: (best when measuring exactly in grams)

- 81.5 grams - Cacao Butter
- 81.5 grams - Cacao Paste
- 32 grams - Cacao Nibs
- 153 grams or 1/2 cup - Coconut Sugar
- 1 gram or 1 1/2 tsp High Quality Salt
- 1 gram - Vanilla powder
- 3 grams or 1 tsp - Lion's Mane mushroom extract powder
- 3 grams or 1 tsp - Mucuna mushroom extract powder

Directions:

- Using a double broiler (or a glass bowl on top of a pot with a little bit of water), melt the cacao butter and cacao paste on low heat until combined. Stir frequently.
 - Grind the cacao nibs using a coffee bean grinder until it is the ground to little bits but not too fine. You can play around with how big or small you want to pieces for added crunch factor. Add to the mixture and stir.
 - Add the coconut sugar, stirring frequently until it is no longer grainy.
 - Add the salt, vanilla powder, lion's mane and mucuna until it is evenly distributed. You can also add other ingredients like chopped candy ginger, walnuts, pistachios etc. The options are endless here.
 - Pour into a [chocolate mold](#) and place in the fridge or freezer until it is set!
- Warning:* Highly addictive, so keep these ingredients on hand to make more!

Coming Up This Month

- **B The Method x Seed:** It was great to see so many of you making a commitment to prioritizing your gut health with [Seed](#) this past month. Seed's Daily Synbiotic has truly made a such a significant impact on my gut microbiome and I can't wait to hear how it has helped you too. Even though this months partnership has ended, you can still use Code LIA15 at checkout for 15% off your first month's supply. It's never too late to try it out. #ad #accountable.



- We will be switching things up and no longer having our IG Lives on Fridays this month. But don't worry, I will be introducing a new time and day soon, so send me your preferences and we can get it back on the calendar!
- Psst: Keep a look out for the Black Friday sale going on from November 25-28th on annual memberships and all props!

THANKS FOR READING

This newsletter is for our community, by our community.
Send us a message with any questions, comments, and feedback.

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Interested in being part of our program? Email us to chat.

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