

KOSHER

Sexuality, Sensuality and Spirituality

By Alvera Vayzer-Milberg

Unfortunately, many female sex therapists talk about sex in a very physiological, performance based manner. Such as: telling people to look at pictures of animals to get aroused etc. We are not animals, although we have the same basic needs and can be aroused by anything. We however, strive to rise above the animal realm. There are so many more natural ways to get aroused. However, it requires work though that both partners need to do. This view within the field of Psychology, is due to the fact that the field of sexuality in academia has been traditionally dominated by men and that is exactly how men went around measuring sexuality. However, according to Dr. Gina Ogden, women view sex as a spiritual experience. 82% of women think sex is a mystical union, a connection with the realms of nature, a gateway to the soul and God, becoming one with God and their soul mate. This is very much in accord with Judaism. In the book "Family Purity" it talks of the commandment "Love your neighbor as yourself" as the basis of the entire torah. The holy Rabbi Isaac Luria Ari stated that by loving one's wife as one's own flesh, one fulfills this commandment. (editor's note: Should you love your neighbor as much as you love your wife? This becomes tricky). According to the torah law of Onah, a man is supposed to give his wife sex everyday if she so desires and even beyond; if he sees she desires more he must give more. This is because it is his obligation to bring his wife happiness and pleasure. As it is the wife's job to treat her husband like a King. The Talmud states that to have wealth and long lives one must carry out the "desires of your wife." By this they mean preparations for relations; this includes anything that

would please her. The responsibility to pleasure your wife falls upon the husband and not the other way around. In the Talmud it relates how Rabbi Kahana went as far as hiding under the bed of Rav, one of the most prominent sages at the time, so that he could learn techniques to arouse. (Ed. Note: How dedicated he was in the name of research). The Talmud points to the fact that you can learn the importance of arousing from animals like a rooster who spreads his wings and bows to the hen as an example showing that arousing your wife is so fundamentally important that it shows up in nature. It also talks about how those that have sex quickly, leave their wife unsatisfied and this shows that the man is not knowledgeable in torah. The husband is supposed to be treated like a King after all according to Judaism.

What about different positions, toys, fantasies in sex?

According to the Talmud as long as the wife consents, anything goes, there is even reference to anal intercourse. The Rabbi's recommend kissing your wife before intercourse and during and prolonging the sex as long as possible to make sure the woman reaches orgasm first. The Talmud talks about having sex a second time and that after ejaculation the husband should remain inside

his wife and then lie together with his wife so that she should feel that his love for her continues even after relations.

Aristotle talked about the fact that what makes people happy is putting noble purpose into our pleasures. Well becoming one with God is noble. When we get married and create life, this new soul is the unification of three souls: husband, wife and God's. Many people are not satisfied with their lives as well as their sex lives and use Sex (have affairs)/Food/Alcohol/Drugs to make themselves happy for a short time. What advice can we offer those people? We work on changing negative thought patterns and foster optimism. Further, we help people engage in good deeds and use their 'Five Strengths' daily – which makes for a much happier person, then any simple physical pleasure could provide. After all, pleasures are fleeting; though it must be noted that at the end of the proverbial day, sex is not only our strongest biological need but also provides for the continuity of life, has great healing power and it is of utmost importance to a relationship.

There are also other factors such as habituation and satiation; which make pleasure less significant and/or require people to need more and more each time to create the same affect - thus causing sexual addictions or a lack of fulfillment in sex even when no sexual dysfunction exists. Habituation is defined as getting used to something and taking it for granted. How do Cognitive Behavioral Psychologists deal with this problem? They use the concept of intermittent reinforcement (or interval spacing) patterns. Orthodox Judaism uses this same technique to prevent habituation in sex; a term referred to as "Nidah", separation or

purity of the family. When a woman, who is the foundation of the home, immerses every month everything is renewed and restored and rebirthed. "Nidah" is a period of time when the female menstruates (and seven days beyond); where no physical contact of any kind takes place. This provides spacing in sexual relations so that the sexual experience is brand new every month as if the couple just got married all over again. Many people have the wrong understanding and believe this is because the women are considered dirty. This is a total misunderstanding. The reason we call it family purity and not purity of the women is because this immersion in water affects every one of the family's souls. The very first verse of the bible says the entire world was immersed in and extricated from "a gathering of living waters, this was symbolic of giving birth, the birth of the world from the amniotic water that covered it. In his book "Kosher Adultery" Rabbi Shmuley Boteach gives suggestions to help people spicen up their sex lives. He talks of seducing and sinning with your spouse- he gives suggestions such as: have a secret email affair with your spouse, practice not letting your spouse see your naked body for 12 days of Nidah, bring spontaneity into your relationship i.e. on an airplane, put a blanket over each other and stroke in all the right places, go to the park at night and make out in your tinted car, trek go to the beach at night and hide in a tent together, in a restaurant slide your leg up against each other, give a little pinch, spy on your spouse: order a secret web video camera and install them in the bathroom so that you can watch your own spouse from work if you get temptation to do so. When we are given the

choice and choose our spouse over others this gives us the opportunity to express our constant commitment.

Another area in Judaism that is very inline with Buddhism and Tantra is the idea of non ejaculation for men to preserve energy. Judaism actually prohibits ejaculation for men if they are not married and instead encourages emersion in study and prayer (very similar to chanting) as a form of meditation to reach higher levels of connection to God.

They found that women age 55 and older are enjoying sex more then women the same age 10 years ago. Why is this so? The short answer simply is that they are putting more thought and effort into their sex life. They also find that people in their 30's and 40's are not having sex due to children interfering. This is very detrimental to the relationship so how can we add surprise and interval reinforcement schedules into our sex life to prevent boredom? The most important suggestion is to prioritize and make time for sex and use you imagination. It is of utmost importance that at least 20 minutes a day be dedicated to this with you partner.

Fantasy and story telling: a sure way to surprise and arouse your spouse to sensual delights:

Surprise your Partners with a special very short naughty poem on their bed and as they start to read it start to massage their feet and above all engage your imagination. Find a bathroom that has a huge Jacuzzi, sauna and shower with jets that come out in all directions, if you do not have one imagine that you do. Put a sheep skin rug on the bathroom floor and pillows around the sides. Draw an aroma bubble bath and steam up the room by turning on the sauna, make sure there are mirrors on the skylight above you. Put on matching "Jane and Tarzan" sexy underwear garments and pretend you are primitive beings stranded on an island. Make Tarzan lie down on the pillows, turn the lights off and light up chocolate smelling candles. Put on music with sounds of nature, cascading waterfalls that twist and turn, pounding ocean waves and the exotic captivating calls of the jungle. Do not bring food along since the bananas and coconuts of your body parts will suffice. Before Jane gets hungry and starts salivating for the banana she decides to do a wild long lasting dance around the hot tub those entrances and mesmerizes. Tarzan can't take it any longer. He reaches towards Jane and lifts her onto the pillows. He starts kissing every fingernail slowly and then passionately takes each finger engulfing it into his mouth, he then proceeds to plant feathery kisses as he turns to the palms of her hand and then up her arm towards her neck. As he blows on her neck teasingly alternating long and short breaths, he simultaneously uses his fingernails to slowly scratch down her arm very lightly causing waves of shivers and tingles

down her spine. Jane puts her other arm on his heart and he reaches for hers as they gaze into each others eyes listening to each others rhythms, their mouths meet and the passion erupts for what seems an eternity. They grab for each others hair and let go of each others mouths only to plant small kisses on one another's hair slowly, lingering with small kisses on the forehead, nose and chin.... to see what happens next stay tune for the next issue.

three suggestions for a better sex life

1. Do not initiate the same way every time and make sure it is not at the same time. If it has to be the same time, early mornings are always preferable, especially for couples with small children. Try to add a surprise by waking the partner early one day then let them sleep late another.

2. Alternate between tenderness and passion and keep the length different each time but it is preferable for the time to exceed 20 minutes. Whatever you do, change the intervals; for example – in intercourse: 9 gentle twisting motions and one passionate thrust. One high voice, 3 low. One slow hot breath, 5 small cold breaths.

3. Spend time learning to stimulate the three most important areas for women these are: the Clitoris, G- spot and epic center. You too can reach this state of "flow" which was coined by a Hungarian Psychologist and was originally a concept taken from Buddhism. Flow is taking the time to be very mindful and paying close attention to pleasure. Flow is when time stops; athletes/dancers understand this concept but any couple willing to do the work can develop this to make their sex life much more special.

Dr. Alvera Vayzer-Milberg, Kasher wholesome Sensuality Goddess, is a psychologist, Talmud scholar, yoga instructor and dancer and singer, with a healthy body and pure soul. She can help anyone with any issue: whether it be to spicen up their sex life, heal from sexual abuse or molestation, get over sexual dysfunctions such as difficulty orgasming, not being able to stop arousal even after orgasming, fetishes such as needing to rub or kiss feet, sexual fantasies that won't stop even after six months, the need to expose yourself in public etc.

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BEAUTY TIPS for 2008

For sexy lips- speak words of wisdom, goodness and compassion but make sure to get the right shade of lip color for your complexion.

For lovely eyes-see the positive of any situation and the good in all people for everything is from God, but make sure to get that new shimmery eye shadow in the

right color to bring out your eyes because they are the gateway to the soul.

For a slim figure-share your food with the hungry and remember not to stuff yourself with tons of chulent and kugel as well as tons of sweets instead bring some food to an elderly neighbor and try drinking 64 oz. of water a day and eating

healthy portions (about a fist size) and healthier alternatives: go for the fish or tofu and salad and remember to exercise something as simple as gentle yoga can help with so many health problems. God wants you to take care of yourself, who will take care of your family if you collapse one day out of the blue.

ADRENAL FATIGUE



THE HIDDEN FACTOR IN CHRONIC ILLNESS

By Michelle Alpert, D.O.

A wide variety of patients with chronic illnesses from chronic fatigue syndrome, to arthritis, diabetes, chronic sinusitis and bronchitis, digestive disorders and many other ailments need to boost their immune system, vanquish chronic infections, improve their stamina and regain vitality. One thing not to overlook is adrenal fatigue, which is present in most situations where there is unrelenting stress—especially chronic health problems.

Most of us don't think about the adrenals, but poor adrenal function is almost always a complicating factor in someone struggling with any chronic health issues. The adrenals are tiny glands that sit atop your kidneys, and yet, the hormones they release in response to stress are incredibly potent. A healthy adrenal response helps you to get over colds and flu's quickly, helps you to handle life stresses easily and bounce back quickly from defeats, and even helps

your sex drive (the adrenals actually produce a backup source of sex hormones).

At first, under stress, your adrenals will secrete more cortisol, the stress hormone. But after time, they will become depleted and will not function well. If cortisol is low, many organs and tissues are impacted. Fatigue is a hallmark of low adrenal function, especially morning fatigue and achiness. In healthy individuals, cortisol levels rise in the morning. In those with adrenal problems, cortisol levels are low in the morning and it's hard to "get up and get going." There is an afternoon dip as well, where people may feel like they just want to lie down and rest, and they may use caffeine, chocolate and sugar to push themselves through. They may crave salty foods like potato chips (this is because the adrenals help regulate sodium and potassium levels in the blood and tissues). At night time, paradoxically, they may finally feel energetic, and then have trouble getting to sleep.

In general, adrenal problems lead to problems sleeping. Blood sugar is difficult to regulate and weight gain may result. Autoimmune conditions are usually marked by adrenal fatigue—any condition that requires steroid drugs, from asthma to arthritis to inflammatory bowel disease—needs to be looked at through the window of adrenal function.

Traditional medicine will test adrenal function by taking a blood test—and only in extreme cases of adrenal failure, such as Addison's Disease, is something done. I prefer saliva tests that measure cortisol levels at different times of the day to give me a true picture of my patient. I measure in the morning, afternoon and evening.

One patient of mine, Susan, came to me with adult onset chronic asthma that was being treated with inhaled steroids and inhaled bronchodilators. I asked her when the asthma had begun, and she said it was during a time of severe stress, when she was going through a painful divorce and there was a flood in her apartment, requiring that she stay with friends for two months while the apartment was remediated, and part of the flooring was removed and replaced. Susan thought that perhaps there were mold issues in the apartment that were triggering her asthma, but it turned out that the culprit for her was adrenal

FATIGUE
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fatigue and low cortisol levels, and this adrenal fatigue was leading to chronic inflammation that in her particular body triggered asthma, as well as trouble sleeping. A corrective program of low doses of prescription cortisol, vitamin and mineral supplements to support the adrenals, and a few specialized herbs and nutrients, helped banish her asthma in a matter of weeks. She also began to sleep soundly. Now she comes in once monthly for booster treatments.

A good adrenal fatigue treatment protocol includes dietary changes, lifestyle changes, medication when necessary, and a potent vitamin and mineral supplement program. First, I recommend that my patients try to avoid junk foods and sugars, and go easy on the caffeine and chocolate, which will simply push tired adrenals without helping to restore and repair them. It is

important to stabilize blood sugar, and to let the body signal when it is tired, so that you can rest.

At night, a nutritious snack with high protein, healthy fats, and complex carbohydrates right before bed, especially for patients who awake with a "start" in the wee hours with unrecognized symptoms of low blood sugar, is recommended. This can be a snack of raw nuts, or sardines or peanut butter on whole grain toast, or any other snack that will help stabilize blood sugar while providing good nutrition. I recommend going to sleep early if possible, rather than staying up late in a "tired and wired" state of exhaustion and hyperactivity. During times of sudden "adrenal crashes" I recommend lying down for a nap if possible, or even just a ten or fifteen minute "rest".

If cortisol levels test very low, we start with very low-dose prescription cortisol, a gentle replacement hormone, and measure the response in a few weeks. I ask patients to keep a diary of symptom changes or improvement. It is important to start low and slow, so the body can adjust to the changes.

Intravenous vitamins and minerals can do much to help adrenal function. Vitamin C is a great support for the adrenals, as are the B vitamins, particularly B-5. An extract of licorice root, a botanical known to support the adrenals and to help increase cortisol levels, can be added into the IV therapy, and can do wonders. Magnesium is very important in asthma, and in sleep, so this was a key mineral in Susan's protocol. Orally, herbs like licorice root, ashwaganda, and astragalus root, all help increase energy and stamina and support adrenal function.

In milder cases, where someone is simply tired and sluggish, adrenal fatigue can be treated with oral supplements and herbs, and simple lifestyle and dietary changes. If there are sleep problems, melatonin can often help.

The point to remember is that any chronic illness causes stress, and chronic stress causes adrenal fatigue. It is important to remember the adrenals, because they are the guardians of our energy and health.

Michelle Alpert, D.O., can be reached at Flatiron Medical Associates at 212-675-9343.

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Who's judgement upon you must pass
The fellow who's verdict counts most in your life
Is the one staring back from the glass

Some people may think you a straight shoot' in chum
And call you a wonderful guy
But the man in the glass says your only a bum
If you can't look him straight in the eye

He's the fellow to please, never mind all the rest
For he's with you clear up to the end
And you've passed your most dangerous and difficult test
If the man in the glass is your friend

You may fool the whole world down the pathways of years
And get pats on the back as you pass
But your final reward will be heartache and tears
If you cheated the man in the glass.

Shari Lieberman, Ph.D., C.N.S



Macadamia Nuts Helps Fight Heart Disease

THE STUDY: In a study involving seventeen hypercholesterolemic men, results indicate that short-term consumption of macadamia nuts may improve the risk factors for coronary artery disease. The participants received 40-90g (1.4-3.2 ounces) of macadamia nuts daily (equivalent to 15% energy intake) for a period of 4 weeks. At intervention end, plasma lipid monounsaturated fatty acids were elevated compared to baseline. However, plasma markers of inflammation (leukotriene, LTB(4)) and oxidative stress (8-isoprostane) were signif-

icantly lower compared to baseline. Additionally, at intervention end, a 23.6% reduction in the plasma TXB(2)/PGI(2) ratio was found. Thus, the authors conclude, "This study demonstrates, for the first time, that short-term macadamia nut consumption modifies favorably the biomarkers of oxidative stress, thrombosis and inflammation, the risk factors for coronary artery disease, despite an increase in dietary fat intake."

SHARI'S COMMENTS: This study adds to the growing body of research that specific nuts such as almonds, Brazil nuts, cashews, filberts, peanuts, pistachios, walnuts and macadamia nuts may substantially reduce the risk of coronary artery disease. Some nuts are rich in omega-3 fatty acids such as walnuts, while others nuts are rich in

monounsaturated fats. Nuts are also a rich source of vitamin E and fiber. The amount of nuts consumed to reap this terrific benefit was small — approximately 1-3 ounces. The best type of nuts are those that are raw not roasted with additional oil, or dry roasted and not salted. I personally love organic raw almond butter. Nuts are a healthy part of an anti-inflammatory diet that includes low glycemic index foods.



Dr. Shari Lieberman, PhD, CNS is in private practice for more than 20 years and is the author of best-selling books on nutrition. She is the recipient of the NNFA 2003 Clinician of the Year Award. For more information visit: www.drshari.net

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How Safe Are Natural Sweeteners?

There is no disgrace in having a liking for sweet flavors. Yet concerns about the harmful and even damaging effects sugar can have on your health have flooded the market with alternative sweeteners. If one wants to stay natural while feeding your sweet tooth there can be a bit of confusion about which products to use and which to discard—never to buy again.

There are many claims made by manufacturers that their product prevents tooth decay, encourages weight loss, and wards off diabetes. Some of these sweeteners are well known in the US while others remain obscure although they are in regular use in other parts of the world. Which of the vast variety of sweeteners are good for you? Which have a taste that is enjoyable?

Table sugar is considered natural product. It is derived from a grass known as sugar cane or from the sugar beet which is manufactured into a white crystalline solid that is granular. It is refined and completely devoid of vitamins, minerals and fiber, and it has no nutritive value. The plethora of refined sugars includes cane and beet sugar (both look the same), brown sugar, corn syrup, dextrose, glucose, maltose and fructose. The point to

get here is that refined and processed sugars stress your body, deplete it of vitamins and minerals, increase overeating, cause weight gain, diabetes, fatigue, tooth and gum disorders, nervous conditions, low blood sugar, and can lead to calcium loss.

Refined sugar intake can further cause irritability, depression, and a general feeling of malaise by destabilizing blood sugar. This occurs by refined sugar causing your blood sugar to rise and then, after a short period quickly fall, which leads you to experience fatigue or exhaustion. Blood sugar that swings between highs and lows can also cause many menopause symptoms—such as hot flashes and mood swings. Eating foods such as yams and apples that are sweet, yet complex and mineral rich will give you energy, keeping your blood sugar in a steady, level stream.

Fructose naturally occurs in fruit. When it is made from high fructose corn syrup it isn't broken down by the usual pathways that handle sugar regulation. The hormone insulin that normally regulates blood sugar levels when sugars are ingested is not released in enough volume and can cause products that can be used to make fats to be released into the blood stream. Insulin secretion helps to regulate the appetite, alert you to being full and suppresses hunger. Thus fructose may make you eat more and gain weight.

Intense sweeteners are typically many times sweeter than white sugar. Some of these sugars are aspartame (NutraSweet), sucralose (Splenda) and stevioside or stevia (a compound that comes from the herb *Stevia rebaudiana*). These types of sweeteners lower the calorie

content of foods when substituted for table sugar.

SUCRALOSE is approximately 600 times sweeter than table sugar. It is an artificial sweetener that uses a multi-step chemical manufacturing process on sugar which chlorinates the molecules. Sucralose is often mixed with maltodextrin and dextrose (both made from corn) as a filler and stabilizer. Many critics claim it is similar to using a pesticide in your food. There have been no long-term human safety studies, and many case reports of being a migraine trigger. It is not considered a natural sweetener.



LUO HAN GUO



AGAVE PLANTS

ASPARTAME is about 200 times sweeter than table sugar. It consists of three components: the amino acids phenylalanine and aspartic acid, and methanol (also known as methyl alcohol or wood alcohol). Consumption of aspartame in foods causes a flooding of the amino acids in the blood stream which may cause problems. It should be avoided by people with phenylketonuria (PKU) who are missing an enzyme to convert phenylalanine into the amino acid tyrosine, and also by those with iron deficiencies, and kidney disease which can increase the risk of toxicity. Methanol is a toxic substance which can cause blindness, brain swelling, and inflammation of the pancreas and the heart muscle. There have been reports of suffering from headaches, mood swings, nausea, sleep disorders, memory loss and confusion, seizures,



HONEY

and changes in vision. The cumulative effects of aspartame are unknown.

STEVIOSIDE is 30 times sweeter in its natural leaf form and up to 300 times sweeter than table sugar in its extracted form. It is rendered from the stevia plant, an herb native to South America. It is suitable for diabetics, those with PKU and obese individuals. Studies suggest that stevia reduces blood sugar, lowers high blood pressure while not effecting normal levels, and there have been no reported allergic reactions. It is available as a powder and a liquid.

LUO HAN GUO is 250-400 times sweeter than table sugar. It's from southern China and the cultivation of this fruit dates back to 1813. Studies conducted suggest that the compound resists human digestion, stabilizes blood sugar, and lacks calories. More safety studies and data are needed for humans.

Polyols or sugar alcohols are often added to foods to lower their caloric content. They are less sweet and are often combined with higher intensity sweeteners. When added to chewing gum they are not metabolized by bacteria in the mouth and do not contribute to tooth decay. All polyols have the potential to cause some gastrointestinal upset.

ERYTHRITOL is 100% as sweet as table sugar. It is found naturally in grapes, pears, and watermelon as well as cheese, wine, beer, and soy sauce. It has been widely used in Japan since the 1990's. It is produced via enzymatic hydrolysis where the enzymes in wheat or corn are broken down to yield glucose and fermented with food-grade yeasts and purified. Normally erythritol is absorbed before it enters the large intestine, thus does not cause a laxative effect as can occur when using other sugar alcohols.

XYLITOL is 60-80% as sweet as table sugar. It is touted as natural since it is found in the fiber of a variety of fruits, grains, vegetables, and mushrooms. Commercially produced xylitol is chemically synthesized via a

hydrogenation process utilizing birch wood. It is considered safe for diabetics, and the FDA permits xylitol-containing chewing gums to carry a dental health claim. Participants in various studies report an increase of nausea, bloating, intestinal rumbling and frequency with even moderate use. It has been found to be toxic for dogs.

MALTITOL is 90% as sweet as table sugar and almost identical properties except for browning. It is used to replace sugar since there are fewer calories and doesn't promote tooth decay. It is well known to cause gastric distress. Maltitol is made by hydrogenating maltose that comes from starch such as corn. It is known under trade names such as Maltisorb and Maltisweet.

• Other nonnutritive sweeteners you may see on the market include: **Sorbitol, Neotame, Acesulfame potassium, and Saccharin.**

Sweeteners that ARE natural include **honey** made by bees, **agave** made from the blue agave plant (also used for tequila production), and maple syrup and sugar that comes from red maple, silver maple, and box elder trees. There are also sugars that are refined from brown rice and whole barley which can be found in a syrup form as well as molasses (unsulphured type is best) which is a mineral rich by-product of the table sugar industry.

In conclusion, sweeteners that are natural and healthy to use include stevia, honey, Agave, maple syrup, unsulphured molasses, rice and barley syrups, and of course all fresh and dry fruits which are delicious, easy to find, store and eat. You might think that chocolate bar will make you feel better, but probably it will make you feel worse! Stick with natural as it was intended and you will stay healthy, happy and free of disease.

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Lissa De Angelis, MS, CCP is co-author of Recipes for Changes – Gourmet Wholefood Cooking for Health and Vitality at Menopause.



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