



The psychology behind...

Having more – and better – sex



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Psychologist and author

who are comfortable talking and communicating about sex are likely to do so during sex, so they're more likely to enjoy sex than those who aren't comfortable talking about it.

This is not surprising, as if we are able to communicate effectively with our partners then we can be more honest about what we like and this can increase intimacy which in turn can make sex a more positive experience. In fact even non-verbal communication helps by giving both partners a greater sense of intimacy and satisfaction. So next time you're finding it difficult to tell your partner how you feel in the bedroom, try these tips:

You don't have to talk dirty
Research has shown that just

using subtle non-verbal cues, like sounds and movements, can get the message across.

Pick the right time and place to talk

There are two types of sex talks: Those you have in the bedroom and all the other ones. It's great to tell your partner what feels good in the middle of lovemaking, but bigger issues like mismatched sex drives are best discussed in a more neutral setting.

How you say things is important

Focus on the positives, pointing out what you like, rather than dwelling on the negatives like what isn't working. Ultimately this is about working together to make things better for the

both of you so avoid blame and defensiveness.

Be honest

Talk to your partner about changes in your body. Maybe after having a baby you feel less confident about your appearance, or if you're a man you may feel that stress at work is affecting your libido. Your partner is not a mind reader and if you don't communicate they may see it as a rejection of them, which will only compound the problem.

Stay affectionate

Even if you're upset about the situation, holding hands, kissing and cuddling is key to reinforcing intimacy and the fact that you are both working together to get through things.

Better communication between partners can work just as well as female Viagra according to a study published in the *Fertility and Sterility* journal.

Sexual dysfunction in women is therefore not just a question of a chemical hormone deficiency but is often also a sign of a lack of communication with a partner according to the authors. It seems that simply thinking and speaking about their sexuality with their partners was enough to see measurable improvements in their sex drive and enjoyment in the bedroom.

This suggests that people

Ask the experts



JAMES ELLIS
Personal trainer, nutrition and fitness expert

Shouldn't we know more about what's in our food?

If Hilary Clinton becomes President of America in November we can expect a sea change in the approach to nutrition across the pond. One of her trusted advisors is a nutritionist called Dr Mark Hyman and it's rumoured he could play an important positive role in her new administration if elected.

Dr Hyman can be brilliant and he's an engaging speaker. While I don't agree with everything he says, for anyone interested in nutrition he's an interesting chap to follow on social media, purely because he has his finger firmly on the pulse of all the important issues.

His latest move is to point his Facebook followers to a study by the Environmental Working Group, a pressure group in the US that looks at the amount of pesticides in foods. Every year it releases a Clean 15 and a Dirty Dozen list of the best and worst non-organic foods based on their levels of pesticides.

The Dirty Dozen's top five consisted of strawberries, apples, nectarines, peaches and celery. The Clean 15 included avocados, corn, pineapples, cabbage and sweet peas. If you want to see the full lists go to ewg.org.

The US has different regulations to the UK when it comes to growing fruit and veg, but the lists are a good indication of which non-organic fruit and veg are more susceptible to being contaminated by pesticides.

Here in Britain we have a similar pressure group that gets a little less exposure: Pesticide Action Network (pan-uk.org). It's currently running a campaign at the EU to have the licence for a widely used pesticide called glyphosate revoked.

The World Health Organisation last year classified glyphosate, used in most weed killers, as a "probable human carcinogen" and PAN's campaign is being backed by the International Union of Farmworkers.

So if you're concerned about what's in your food, their fight is something worth looking into.

Reflections

Chair of Islamic Society of Britain, isb.org.uk
SUGHRA AHMED

We'll never forget the Hillsborough disaster – and we never should

This week I've been listening to the inquest verdict on the Hillsborough disaster. A case that has taken 27 years to come to a conclusion has ruled that the victims who died that day were unlawfully killed.

The anguish and pain of families and friends of those who died that day cannot be comprehended by many of us. I heard one story of a young man who lost his life – his son was nine years old at the time and today he is the same age as

his father was when he died.

These painful memories will always hold a place in the nation's heart, so many of us recall how we felt upon hearing the dreadful news. To remember means we won't forget and it's important for us all to do this so that we learn from wrongs in the past.

This nation will stand tall and proud in the face of



adversity, this has been shown time and again over recent decades. It is our responsibility to stand up for those who are impacted by disaster or adversity. It's up to us to ensure those who fall victim to tragedy and circumstance are supported or remembered in the best way possible.