

## Sex Furniture & Pregnancy

- Dr. Yvonne K. Fulbright

During pregnancy, a woman may experience a tremendous surge in her libido, or may find that her sexual desire diminishes completely. She may feel sexy, glowing, and beautiful, or may feel fatigued, nauseous, and unattractive. Regardless of whether pregnant couples are celebrating their revived sex lives, or are looking for ways to cope with the strains a pregnancy can put on sexual intimacy, pregnancy is the perfect time for a couple to try new, exciting positions and take advantage of a woman's bodily changes.

As her figure blossoms, higher estrogen levels cause a woman's breasts, vagina, and labia to become slightly swollen and increasingly sensitive. With pregnancy causing increased blood flow to the genitals, a woman may experience more sexual excitement and arousal, and have better and more frequent orgasms. The fuller, tighter feel of the female sex organ can be extremely stimulating to her male partner during intercourse as well.

Whether she's always in the mood, or needing an innovative way to feel sexy and comfortable, Liberator Shapes or other types of sex furniture can help, especially around the fourth month of pregnancy through the last trimester. In making love, a pregnant couple should avoid having the woman lie flat on her back (the added weight on major blood vessels can slow down blood flow to the baby). Liberator Shapes help a couple to maintain positions that are best for a woman during pregnancy:

- Woman-on-top with man lying under her
- Woman-on-top with man sitting behind her
- Woman on all fours – male rear entry
- Man behind woman while both are on their side – “spooning”
- Man behind woman while standing

Products like Liberator Shapes assist pregnant couples with added support, a reduction of strain on hands and knees, and easier access for a male around her belly. A couple can expend less effort on holding a position and spend more time enjoying it! With Liberator Shapes, couples can luxuriate in the new sensations a pregnant body offers without all of the unnecessary work and fatigue!

Note: In the final trimester, sexual intimacy can be difficult. It is best to avoid deep penetration of the penis during the later stages of pregnancy, since sexual intercourse may become more uncomfortable as the baby's head becomes positioned low into the mother's pelvis. Be sure to consult with a physician before having sex during a pregnancy, especially if you (or your partner):

- Have a recurrent history of miscarriage or premature births;
- Are carrying more than one baby;
- Have ruptured membranes and/or unexplained vaginal bleeding;
- Have an untreated sexually transmitted infection; or

- Have been diagnosed with a placental abruption or placenta previa.

For more information on sex during pregnancy, check out *Your Orgasmic Pregnancy: Little Sex Secrets Every HOT Mama Should Know*.

**Yvonne K. Fulbright, Ph.D., M.S.Ed.** - Originally from Iceland, sexologist, sex educator, and relationship expert Dr. Yvonne K. Fulbright is the author of several books, including *Touch Me There! A Hands-On Guide to Your Orgasmic Hot Spots* and *The Better Sex Guide to Extraordinary Lovemaking*. Regularly featured in media outlets worldwide, Dr. Yvonne is the “sexpert” columnist and sex expert for Foxnews.com, a regular contributor to disaboom.com, and a professor of human sexuality at Argosy University. She founded Sexuality Source, Inc., a communications and consulting organization specializing in the topics of sex, sexual health, sensuality, and relationships in 2004. For more information on Dr. Yvonne, her projects, and services, visit [www.sexualitysource.com](http://www.sexualitysource.com).