

Your Most Embarrassing Sex Questions Answered

Understand what's happening below your belt and beyond.

What's the point of pubic hair?

There isn't a whole lot of information on this subject, but the theory most believe is that your hair down there traps desirable scents and pheromones, the chemicals believed to play a role in sexually arousing potential partners. A woman's pubic hair can also be helpful in trapping or filtering anything from entering the urethra or vagina, like eyelashes protect the eyes. We recommend only grooming yourself to the point you feel comfortable and leaving some hair for health purposes.

I've been having a lot of nipple discharge, but I'm not pregnant. What's the deal?

There are many causes of nipple discharge, and most of the time it's nothing to worry about. It can happen when the nipples are stimulated, like during sex, but will usually stop when the moment passes. If the discharge occurs at random times, it could be the result of a hormonal imbalance. Certain medications can also cause nipple discharge as a side effect. We recommend you call your doctor if the discharge lasts longer than a couple months.

Lately I'm just not in the mood. Will my libido ever come back to life?

This can be caused by many factors, including lifestyle changes, new medications, stress, depression and much more. You should meet your doctor to discuss recent changes in your life, in hopes of finding the cause of your libido loss. We recommend also trying some lubrication, which can help you develop an interest in sex again.

My man never seems to last. Do you think he needs to see a doctor?

Since this is a sensitive subject, approach your man cautiously. Let him know that you enjoy sex with him but wish it would last longer. He should schedule an appointment with an urologist or sex therapist because he may have an issue with premature ejaculation. The average man ejaculates after three to five minutes of intercourse. We recommend aiming to match his time by trying some different positions or getting stimulated before sex. Don't feel embarrassed about this. After all, you should both be sexually satisfied.

My vagina makes a weird noise while having sex. What is this from?

This is actually very common among women. Some call it a queef. It usually happens when your pelvis is elevated. As the penis enters the female, it pushes air into the vagina. When this air is released during intercourse, it sounds like you're passing gas. It's no big deal, so don't let it ruin the moment. We recommend turning up the TV or music.

Is my vagina going to change after I have my baby?

Almost nobody goes through pregnancy without some changes to their vagina. Following a natural delivery, you can expect some vaginal stretching. This varies from woman to woman based on the baby's size, labor length and whether you had an episiotomy or laceration repair.



However, some exercises can help strengthen you down there. Most notable is the Kegel squeeze, which works with the pubococcygeus muscles that hold up your vagina, anus, uterus, bladder and urethra. It's the same type of squeeze you do when you stop yourself mid-urination. We recommend doing about 100 of these daily to keep your muscles in sex shape.

This embarrassing vaginal odor and itch won't go away. Please help!

A lot of women experience this problem at some point in their lives. It usually happens when the pH balance of your vagina is off. A healthy vagina maintains a pH of about 4.5, accomplished through the body's system which is usually successful in reducing odor, itch, discomfort and even infection. However, frequent sex, menstruation, contraceptives and douching, among other things, can increase your pH level. We recommend trying over-the-counter RepHresh Vaginal Gel, which helps eliminate feminine odor and relieve discomfort.

I've never had an orgasm. Is it me?

Believe it or not, a large percentage of women have never had an orgasm. According to drphil.com, 33 to 50 percent of women experience an orgasm infrequently and are dissatisfied with how often they reach an orgasm. This usually occurs because the majority of women need more than just plain sex. They need clitoral stimulation. Others are just uninformed. While men can peak after three to five minutes, on average, it takes women 7 to 20 minutes. You may just need some more time. We recommend speaking with your doctor to find out if your lack of orgasm is a physical factor or just a miscommunication.

Do I look normal below the belt?

Women often wonder this because they compare themselves to the ridiculously airbrushed centerfolds. Trust us, they don't look like that either. Most of the time, a woman's vagina looks normal. Usually the only time the labia or vulva are misshapen is if the genitals have experienced trauma or a sexually transmitted disease. We recommend you embrace all of the beautiful parts you've been given. This helps you feel comfortable and secure with your body, so you can increase your self-confidence in the bedroom.