

**health
HACK**

EATING just one kiwi fruit once a week can help raise 'good' HDL cholesterol concentration in your blood – which will help reduce heart attack inducing blood clots.

8-page guide to
wellbeing and fitness

Sun health

This is
taking
forever

His willy is
smaller than
I imagined

Forgot
to text my
boss

This feels
dirty and
wrong

OMG!
I'm going
to pee

7 thoughts NOT to have while making love

THE average person has sex 103 times a year, with more than half of us at it between 20 and 30 minutes each time.

So there are plenty of opportunities for intrusive thoughts to enter your head during a passionate clinch.

But what exactly should you do about the distracting things that pop into your mind when you are in the bedroom?

Intimacy and relationship expert **JAN DAY** reveals all.

1 THIS IS TAKING FOREVER: If you're not having all that much fun, then it probably means something bigger needs to be addressed.

Maybe have a talk with your partner and explain to him or her what you like and how you would like to be touched.

If you are not enjoying sex, it will help to get in touch with your sexuality by self-pleasuring.

Faking enjoyment and tolerating it is not the answer – it is best to talk about these things.

2 I FORGOT TO TEXT MY BOSS: We all have intrusive thoughts from time to time, including when we have sex.

We have busy lives and this is very normal. It happens to everyone. It just means you've temporarily slipped out of the moment.

How you cope with these thoughts really depends on the kind of relationship you are in. It may be appropriate to stop and write it down. If not, try and shelve it in your mind and come back to it later.

Mentioning the distracting thought may cause your partner to feel that you are not engaged

in that moment, which could hurt their feelings, especially if they are attempting to give you pleasure.

3 DO I LOOK NORMAL DOWN THERE?: Many men and women have these thoughts and it is common to think these things.

Some men worry that their penis is the wrong size or shape or isn't loveable enough.

Women can be concerned that their genitals are dirty or perhaps do not look the same after giving birth.

You need to undo these thoughts as much as you can and just enjoy the moment – your partner is very unlikely to be thinking these things about you.

4 THIS FEELS DIRTY AND WRONG: Generations of us have been taught that sex is dirty and wrong – but this isn't the case at all.

These horrible, old thought patterns of the past need to be washed away.

Sex is for enjoyment. It will make you feel closer to your partner, helps reduce stress and generally makes you feel better.

If you are frequently having thoughts about sex being dirty or wrong, you might benefit from some therapy, such as my tantra workshop, or counselling.

It is those thoughts that need cleaning up.

5 OMG! I'M GOING TO PEE: When a woman feels like she is going to pee, she is often about to orgasm.

I hope the
kids can't
hear us

Why am I
thinking about
Zac Efron?

Some women also have this familiar sensation if they are prone to ejaculation – so it is probably a good thing if you feel you need to wee.

If you often feel like this and are not heading for pleasure, you might want to start emptying your bladder beforehand.

The chances are you will not pee during sex anyway – so do not worry too much.

6 WHY AM I THINKING ABOUT ZAC EFRON?: Fantasies about other people and celebrities such as Zac, below, are normal in loving relationships. It is usually a sign your sex life is not as adventurous or satisfying as you would like it to be and it has become a little too safe, loving and boring.

Safe isn't sexy – and fantasies are a lovely way to keep the sex alive.

Perhaps you could explore these fantasies with your partner.

It could help you nourish and feed the relationship.

7 I HOPE THE KIDS CAN'T HEAR US: Kids are never too young to know that grown-ups have "fun" together.

If your young ones do hear you enjoying yourselves, it is best to explain you are just having fun because you love each other. But do not worry about it.

Sex is part of life and it is a wonderful, fulfilling experience. You should not be ashamed of it.

●Jan Day runs a five-day workshop called Passion, Power & Love. See janday.com

COFFEE IS GOOD FOR THE PEEPER

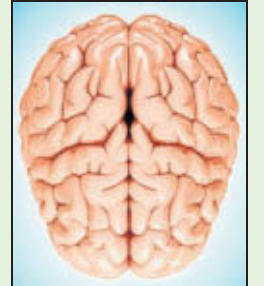


COFFEE can reduce the risk of you going blind.

Just 78mg – one espresso shot – could help halt age-related macular degeneration, which affects one in ten Brits aged over 65.

Here Sun nutritionist **AMANDA URSELL** looks at seven more benefits:

- Boosts hydration: Although caffeine does have a mild diuretic effect, this is by far outweighed by the amount of fluid in a coffee.
- Helps memory: Scientists say it is



possible that caffeine may help to reduce inflammatory processes in the brain and improve brain performance.

● Enhances exercise: A cuppa an hour before a workout can help you keep exercising for almost a third more time.

● Good for the heart: Growing evidence suggests moderate coffee consumption, may help to protect against coronary heart disease and stroke.

● Fights road fatigue: Scientists have proven



that a short nap and two cups of caffeine-containing drinks can overcome tiredness while driving.

● Overcomes mid-PM energy dip: A double espresso has enough caffeine to boost your central nervous system and improve focus.

● Improves the effects of a cold: A Bristol University study found that after a cuppa, sick volunteers performed as well as healthy people.