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Sex

Frozen stiff

by Jeannie Greeley | March 07, 2011



At about this point in the season, you've been so defeated by winter that your genitals are as hardened as that six-foot snow pile outside your window. You're probably sleeping in something that is better suited for a Himalayan hiking expedition. And your mate needs a pickax to find your wet spot.

"In the winter, many people's testosterone levels decrease, which can lower libido substantially," says Jed Diamond, PhD, author of *The Irritable Male Syndrome*.

But this isn't just about your libido. This is about survival, people! The only way we can endure the frigid forces of nature is with body heat and continual friction. Don't be cooped up. Copulate! Here are a few ways to turn this season's cabin fever into non-stop beaver.

Transform your winter sheets into a sexual board game with Karmasheetra (karmasheetra.com), the first sexual sheets since . . . sheets. Follow the numbered and color-coded body positions on the sheets, and you'll soon be melting away your winter blues with a time-honored Indian tradition.

Calculate the season's current snowfall total. Measure the length of your penis. Do the math to figure out just how much you've been outmanned by Mother Nature. Now start plowing your partner and wishing for spring.

If you're too old to be rolling in the white stuff and making snow angels, consider this devilish seasonal position: the Fireside. The woman sits in an armchair and wraps her legs and arms around the man while he kneels on the floor in front of her and inserts his pitchfork. (For lesbians, "the Fireside" usually means finding a cheap restaurant with a fireplace and putting your armchair close to it. It's almost as good as sex this time of year . . . just don't drop your fork.)

Now that your wintry skin has started to look like parchment paper, you have a great excuse to get your partner to lube you up with some sensual creams and oils. Crank the heat even more with a warming lube like Wet Warming Gel Lubricant or LifeStyles Warm Lovin'. Many varieties are also edible, which comes in handy since your winter cupboards are probably barer than your dry ass cheeks.

Watch Internet porn from the comfort of your laptop. It's a dual-purpose pastime: you stoke your libido while your computer acts as a tiny space heater for your lap. The money you'll save by turning down your heat can be more wisely spent turning yourself on.

If your bedroom is suffering from an arctic chill this season, heat things up with Hot Rawks (hotrawks.com), an organic libido enhancer for men and women that uses cacao and maca, along with other natural herbs, to help "send your libido into overdrive." At this point, we're just happy to get our sexual engines to turn over.

Many of you already reap the romantic rewards of Athena's Home Novelties (athenashn.com). Now, the sex-toy specialists and home-party heroines have released a sensual book that's perfect for these lonely winter nights. *Goddess Bedtime Stories: 21 Tales to Keep You Up All Night* is a compilation of tantalizing tales and fantasies written by the "Goddesses and Adoni of Athena's." If you can't get the bedroom barometer to spike after reading a few of these juicy gems, your sexual script is Greek to me.

Hopefully this handful of tips will help to warm your cold winter heart. If not, then your chill has nothing to do with the

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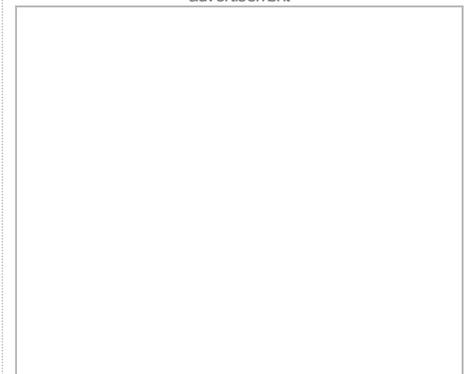
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