

*From Hot Flashes
To
Hot Nights*

Mel E. Mack



FROM **HOT** FLASHES
TO
HOT NIGHTS

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How to Use This Book

I will use the word Yoni* to describe the entire vulvovaginal area (including the pubic mound, labia majora (outer lips), labia minora (inner lips), clitoris, urethra, and vagina) to include the sacred space within you from which worlds are birthed. I use the word menopause to include perimenopause, menopause, and beyond.

*Yoni: Sanskrit for vagina meaning source of all life; sacred space; sacred temple; divine path

ABOUT THE AUTHOR



WHO I AM: Pleasure Coach, Sex Expert, Embodied S.E.X.Y. Menopause Lifestyle Mentor, Author, and Speaker. As the visionary of The S.E.X.Y. Method™ and The Sacred Sexy™, I've spent the last decade helping women fully embrace their sexual essence.

WHAT I DO: Using a mind, body, and spirit approach, I help the woman celebrating midlife and beyond to connect or reconnect with her body, reclaim her pleasure, and reignite her sexual desire by tapping into her erotic energy to create a sexier, more passionate, more radiant, more orgasmic, more powerful life. n.

WHAT I BELIEVE: Sexy is an inside job and you create your own brand of beautiful sexy. I am the sexiest woman I know. And I'm the best in the world at helping other women become the sexiest woman they know. I believe that sexual energy is pure, creative, life-force energy that can be channeled to give birth to and manifest whatever we desire. Everything in your life is a reflection of how much pleasure you receive and experience. If there are blockages in receiving and experiencing pleasure, then there are blockages in your life and business. If pleasure is flowing, then your life and business flow. When we harness this powerful energy and we're getting our deepest sexual needs met or expressed, we experience an abundance of limitless creativity, power, and passion.

INTRODUCTION

Perimenopause is the magical time in a woman's life when her hormones decide to throw a wild party and seemingly cause as much “chaos” as possible. From hot flashes to mood swings, it's a rollercoaster ride that's not for the faint of heart. And as if that wasn't enough, perimenopause can also have a significant impact on a woman's sexual health. For each of us to enter the portal (perimenopause) of menopause with grace and beauty, it's important to take care of ourselves physically, mentally, emotionally, and spiritually. This means moving your body often, mindful eating, and getting the proper rest.

During perimenopause, estrogen levels begin to decrease, leading to changes in the vaginal tissues and decreased lubrication. This can make sex uncomfortable and even painful. It's like trying to ride a bike with no wheels - not impossible, but definitely not enjoyable.

But fear not my fellow perimenopausal sistas! There are ways to lessen and/or combat these symptoms and keep the spark alive in the bedroom. Using a lubricant and starting a Yoni egg practice can make a world of difference. And let's not forget the importance of communication with our partners. It's time to break out the old cliché of "communication is key" because it is!! Have an open and honest conversation with your partner and let them know what you're experiencing and what they can do to help make sex more pleasurable for you.

Perimenopause can also be a time of rediscovery and exploration as women learn more about their bodies and what brings them pleasure. With the right lifestyle changes, guidance, a change in perspective, and a healthy dose of humor women can navigate this transition and emerge as sexual goddesses who feel juicy, confident, orgasmic, and empowered. together!

In this book, you'll find practical advice and tips, sprinkled with a little light-hearted humor.

Perimenopause may throw some curveballs when it comes to your sexual health, but it doesn't have to be the end of the world. In fact, the best sex of your life is still in front of you. With a little grace and a lot of patience, we can navigate this sacred phase of life and come out on the other side with a renewed appreciation for our bodies and as the sexiest versions of ourselves to date. So, let's embrace the “chaos” ladies, and ride this wild hormonal ride together!

CHAPTER I

Menopause and Sexual Health:

During perimenopause, your body decides to play a game of "What crazy curveball will I throw at you today?" While some challenges, such as hot flashes and mood swings, might be more well-known, the impact of menopause on sexual health is often not openly discussed. It's almost taboo. Well, we are going to change that together. And it starts now.

One of the most common sexual issues you hear about during perimenopause is a decrease in sexual desire and arousal. It's like our bodies decide to take a break from the "mood" department, leaving us feeling like we're stuck in a never-ending state of "meh". And let's face it when it comes to sex, "meh" won't cut it!

It's not just a lack of desire and arousal that rears its ugly head during perimenopause. Yoni dryness is also a common issue, which can make sex very uncomfortable and even painful. It's like trying to rub two pieces of sandpaper together - not exactly a recipe for a good time.

Vaginal moisturizers, lubricants, and staying hydrated can help with Yoni dryness and discomfort.

And then there's urinary incontinence, which can be a real buzzkill in the bedroom. It's hard to get in the mood when you're worried about peeing yourself every time you laugh or cough. It's like trying to enjoy a rollercoaster ride while holding onto your bladder for dear life. When it comes to urinary incontinence, pelvic floor exercises can be helpful in strengthening the muscles that control the bladder.

And let's not forget the importance of communicating with our partners about what we're experiencing. They may have ideas or suggestions that can make sex more pleasurable and comfortable for both parties.

CHAPTER II

Slaying Sex and Intimacy During Menopause:

Managing sexual health during perimenopause can feel like a daunting task, but fear not my fellow hormonal queens!

There are a variety of lifestyle changes and practices that can help improve our sexual health and make sex more enjoyable during this stage of life.

First and foremost, making lifestyle changes can have a big impact on sexual health. Sacred movement and mindful eating can help to improve overall health and well-being, which in turn can have positive effects on sexual desire and arousal.



When we find a form of movement—dance, walking in nature, roller skating—that speaks to our soul, it is more sustainable. Plus, let's be real, who doesn't feel like a badass after sensual movement?

Mindful eating means eating until you're satisfied vs. eating until you're full. It's also slowing down and savoring each bite, intentionally. Eating lots of fruits and vegetables and avoiding trigger foods such as spicy food, caffeine, processed foods, sugar, and alcohol can also help.

Stress reduction techniques such as meditation, yoga, or deep Yoni breathing can also be helpful in curtailing perimenopausal challenges and improving sexual health. It's like taking a mini vacation from the chaos of daily life and coming back to the bedroom feeling refreshed, rejuvenated, and revigorated.

When it comes to addressing Yoni dryness, using a vaginal moisturizer or lubricant can make a world of difference. And a Yoni egg practice can be life-changing. Think of it as giving your Yoni a spa day – she deserves a little pampering, doesn't she?

And, again, let's not forget about the importance of communication with our partners. Let them know what we're experiencing and what they can do to help make sex more pleasurable for us. Maybe it's a little extra foreplay, a different position, or just a little extra patience and understanding.

Communication is imperative with both romantic partners and with friends and family. It's important to express needs and concerns and to seek support. This can mean talking openly about changes in libido or mood swings, or just enjoying a little company for emotional support.

But what if lifestyle changes and lubricants aren't cutting it? Alternative therapies and treatments may be worth exploring.

Acupuncture, for example, has been shown to be effective in managing hot flashes and other perimenopausal challenges. And who doesn't love the idea of a little "me time" with some needles? 😊 If your issues are more involved, please consult a medical professional.

Herbal supplements such as black cohosh and red clover may also be helpful in curtailing perimenopausal challenges. Just be sure to talk to a healthcare provider before starting any new supplements or alternative therapies.

Overall, slaying your sexual health is all about finding what works best for you, staying positive, and connecting with your body and with your partner. A partner is not required. Do you sis! It may take a little trial and error, but with a lot of patience and grace with ourselves, we can navigate this stage of life and come out the sexually sovereign goddesses we are. So, let's embrace the journey, ladies!



CHAPTER III

Pleasure:

Menopause can be a powerful time of rediscovery and exploration, renewal, and rebirth, as we learn more about our bodies and what brings us pleasure. This can mean experimenting with new sexual techniques and toys or simply communicating more openly about what lights you up and makes your Yoni purr. This can involve trying new things, such as different positions, and types of touch, or simply spending more time focusing on pleasure and intimacy.

Embracing and prioritizing your pleasure takes courage. As women, we aren't always comfortable putting ourselves first because we're nurturers and givers. However, prioritizing your pleasure—in all its forms—is crucial, especially in this stage of life. Pleasure is power. Make sure your pleasure bank account is always on full...every moment of every day. When you look for ways to make each moment pleasurable, you'll find even more opportunities for pleasure.

Pleasure begets pleasure. You need a full cup to operate as your greatest and highest self. You can't pour or operate from an empty cup and expect to live a juicy, orgasmic, pleasure-filled life.



CHAPTER IV

Keep the Fire Burning

Maintaining sexual intimacy and pleasure during this new phase in life can feel like a challenge, but fear not, queen goddess! With a little creativity and communication, we can continue to enjoy sexual pleasure and intimacy with our partners or ourselves.

Improving communication and intimacy with a partner during perimenopause is key. This can involve having open and honest conversations about what we're experiencing and what we need in order to feel comfortable and pleased during sex. Maybe it's more foreplay, a different position, or a little extra patience and understanding from our partners.

Exploring new sexual activities and experiences can also be a fun and exciting way to maintain intimacy and pleasure during perimenopause. The possibilities are endless, and let's be honest, it's never too late to try something new in the bedroom.

And let's not forget about the importance of self-exploration and pleasure. Self-pleasuring can be a great way to explore our bodies and discover what feels good, both during perimenopause and beyond. Plus, who doesn't love a little "me time" every now and then? Make it a date, an event. Candles, music, and all, Pamper yourself!

Enhancing sexual pleasure can involve incorporating new sensations and experiences into our sex lives. This can include using a variety of lubricants or trying out different types of touch, such as using feathers, silk, or other sensory objects to enhance pleasure. It's like a little adult playground for our bodies, and who doesn't love a good play session?

But what about the dreaded vaginal dryness and discomfort during sex? Don't worry, there are solutions for that too! In addition to using lubricants and vaginal moisturizers, using a Yoni egg practice, dildo, or another sex toy can help to increase blood flow to the vagina and reduce discomfort during sex.

In the end, maintaining sexual intimacy and pleasure during perimenopause and beyond is all about exploring what feels good and communicating with our partners about what we need. It may take a little extra effort and creativity, but with a little grace and a lot of love, we can continue to enjoy a fulfilling and pleasurable sex life during this stage of life. So, let's embrace our inner sex goddess and continue to slay our sex lives, one hot flash at a time.

Conclusion:

Menopause can have an impact on our sexual health, but it is not the end of our pleasure and intimacy. It is a beautiful beginning if we lean into it and allow it. It's important to have open and honest conversations with our partners about what we're experiencing and what we need to feel comfortable and pleased during sex. It's also essential to seek professional help and support for managing challenges that are more complicated.

Let's not forget to have compassion and grace for ourselves and our bodies during this time. Menopause can be a challenging and sometimes frustrating stage of life, but it's important to remember that we're not alone.

Menopause is a natural transition that all women will go through at some point. However, despite that, it's still a topic that is often shrouded in fear, secrecy, and shame. Fortunately, the tides are changing. And we are starting to talk about this momentous occasion in our lives. It is my prayer that we get to the place where we celebrate this transition. Because it truly is a celebration. By embracing this power stage with an open mind and a positive attitude (which makes all the difference), we can enter this next chapter of life with a newfound sense of purpose, resilience, and power.

So, let's embrace our inner goddess and approach our sexual health with a positive outlook, a little creativity, communication, and a lot of self-love, and we can continue to maintain sexual pleasure and intimacy during menopause and beyond. And hey, who knows, maybe we'll even discover some new and exciting things about ourselves and our bodies along the way.

So, let's give ourselves a pat on the back for being the badass, pleasure-seeking goddesses that we are and continue to slay our sex lives, perimenopause be damned! Sex and sexiness do not have an expiration date. And you are not broken, I don't care what they told you or made you believe. You are amazing!

Next Steps:

First, I want to thank the women who have shared their stories and experiences with me and provided valuable insights and perspectives. Secondly, I hope this book has helped your journey in some way. And that it propels you forward to walk into this season of power and beauty as the goddess you are. I pray that it sparks conversation with your sister circles, family, and friends around a subject that is shrouded in fear and shame. And I hope you innerstand that you have everything inside of you that you need to walk out this journey with grace, power, and beauty.

Thank you for reading!

If you feel like you need a mentor or coach to walk you through the process, holding your hand every step of the way, and creating a plan for you to get the healing and pleasure you desire and deserve, there are services available. I invite you to explore additional resources on my website for more information.

www.MelEMack.com

My new book “S.E.X.Y. Menopause Reconnect with Your Body, Reclaim Your Pleasure, and Reignite Your Sexual Desire.” is available now at Amazon:

<https://a.co/d/aEnJKzV>

Here are some helpful resources and references for further reading:

“S.E.X.Y. Menopause: Reconnect with Your Body, Reclaim Your Pleasure, and Reignite Your Sexual Desire.” by Mel E. Mack

"Come As You Are" by Emily Nagoski

The American Sexual Health Association

The International Society for the Study of Women's Sexual Health

www.menopausechicks.com - A community and resource for women navigating perimenopause and menopause. Their website offers a variety of resources and information on perimenopause and sexual health.