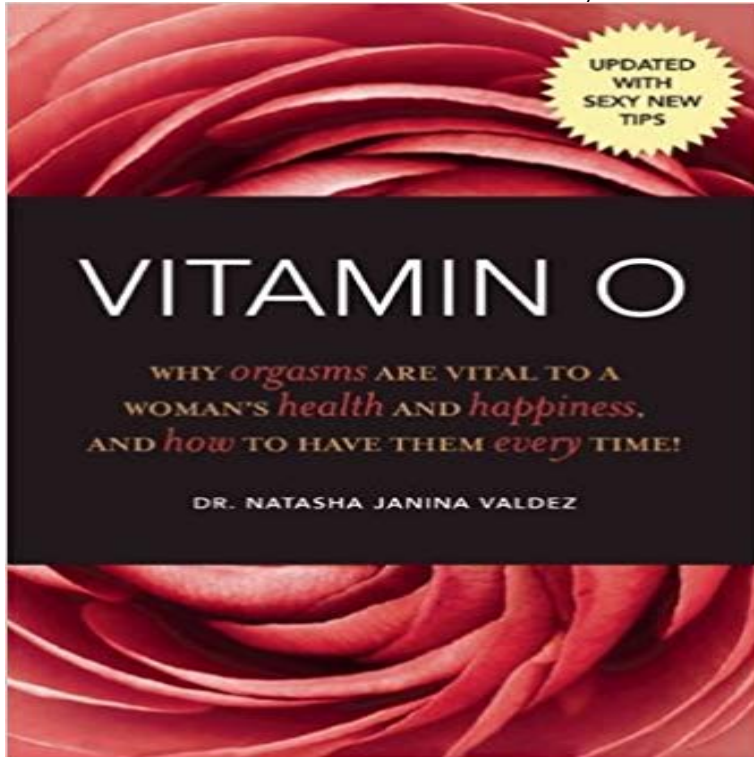


Vitamin O: Why Orgasms are Vital to a Womans Health and Happiness, and How to Have Them Every Time!



They're free, fun, and with this book, easy to achieve. And just look what a woman stands to gain from her orgasmic life:

Oxytocin in her bloodstream

Relaxationless stress and tension

Falling asleep and staying asleep better

More supple skin (really!) Lower risk of

heart disease Immunity boost

Reduced hunger and cravings for junk

food Far too many women aren't enjoying

the benefits of this delicious activity, and

Dr. Natasha wants to change that. In

Vitamin O, she explores manual

techniques, oral methods, and crazy-fun

sex positions that maximize a woman's

pleasure. She covers the basics in orgasmic

foreplay, orgasmic positions, exercises to

improve orgasms, orgasm-enhancing yoga,

breathing techniques, and more. Here is the

411 on more advanced climaxing multiples

and simultaneous orgasms. And she breaks

out lots of quick fixes for getting a daily

dose without any fuss. By the time she's

through, having orgasms will become as

natural and pleasantly habitual as drinking

a morning coffee (which you'll be drinking

less and less of, as you'll have increased

energy from better sleep.) Vitamin O's

benefits are layered and far-reaching,

without any worry of toxicity or

build-up because Vitamin O is all about

release. Regular doses will benefit every

reader for life.

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