

PUTTING THE SEXY BACK IN
Meno(pause)



**From your REDHot Sexy
Meno(pause) Expert,
DR. SHARON STILLS**

PUTTING THE SEXY BACK IN *Meno(pause)*

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Intro

HELLO BEAUTIFUL!

If we don't know each other yet, allow me to introduce myself, my name is Dr. Sharon Stills, and I'm on a mission to put the sexy back in Meno(pause)... yes, you heard right, Meno(pause)! What's with the spelling, you ask? Well, I'm encouraging you to take a moment to PAUSE and think about what this time in your life means to you.

I think it's so important for women that are perimenopausal or menopausal to write their own stories. Because we have been fed a lot of misinformation about what this time in our lives "should" mean.

For many, they will passively accept the conventional "wisdom" and definition of Meno(pause), but NOT YOU, beautiful...you're a brilliant trailblazer writing your own rulebook and you get to decide how you are going to approach this sacRED second act of your life.



We're Bringing Sexy Back!

For far too long, society has put a lot of emphasis on the physical attributes associated with youth - such as tight skin, toned muscles, boobs sky high, etc. However, let me tell you, if you let THEM define what is sexy, you're giving your power away.

It's time to discover YOUR sexy. That's a very personal definition. What is sexy to me may not be sexy to you. This is about owning your own look and embodying what makes you FEEL sexy. This could include your thoughts, your words, how you move, and how you smell, how you participate in the world, how you play, and how you engage sexually and sensually.

This ebook is going to guide you through your sexual exploration of finding and owning your own version of sexy. Sometimes, there are physical barriers to feeling sexy, such as your vagina drying up like the Sahara desert and making sex physically uncomfortable.

Other times, there are emotional barriers such as not feeling connected to your partner, or not feeling comfortable in your body. We are going to look at those types of issues and how we can overcome both the physical and emotional factors that may be at play.

I have organized this ebook in four sections to help you along your journey!

Part 1: *S* - Sensuality and Sexuality

Part 2: *e* - Enter your State of Discovery

Part 3: *X* - eXplore and Create

Part 4: *y* -Your Definition of Sexy

Part 1: S - Sensuality and Sexuality

Let's start your new journey by diving right into sensuality and sexuality. As time goes on, and our bodies change, there are always new aspects of ourselves to discover. I challenge you to look at this period as an awakening to yourself. Women have been programmed to think of others first, and there is nothing wrong with that, but now as you step into your sacRED second act, I want you to start thinking about putting your own needs first. If you've spent the first half of your life thinking of everyone else, this is your time to shine and lean into your own pleasure.

Unlocking Sensuality

True sensuality means touching, seeing, listening, smelling and tasting.



TOUCH DEEPLY, MOVE GRACEFULLY, LISTEN CAREFULLY, INTOXICATE YOURSELF WITH AROMAS – THIS IS HOW YOU DISCOVER YOUR DELICIOUS SENSUAL SELF.

Dr. Sharon Stills

Being sensual is not the same thing as being sexual. To become more sensual, focus on appreciating yourself and everything around you with your five senses. Pay attention to things you may have overlooked before, the flavor of a fresh strawberry, the sensation of the wind or the sun on your skin, and the sound of your own breathing.

Once you awaken your sensuality, feed it. Try luscious dark organic chocolate, silky pajamas, heavenly scented candles (non-toxic of course!), new tunes, and art that moves you.

Follow your instincts and remember that sensual experiences are right there with every bite of food you take, every song that makes you sway your hips, and every kiss you offer.

Sex After Meno(pause)

There are a lot of misconceptions about sex after Meno(pause). One major misconception is that sex is no longer pleasurable or that it's painful. Let me tell you, nothing is further from the truth. If anything, Meno(pause) gives you the opportunity to heighten your sense of pleasure!

When it comes to painful sex in Meno(pause), one of the most common causes is vaginal dryness. This condition is often simply caused by lower levels of estrogen throughout the genitourinary system. In most cases, a doctor-prescribed, bio-identical estriol cream applied to the vagina will easily solve the issue and address the root problem.

Caution: it is so important to replace what is missing rather than just applying a band-aid like lube. While this CAN help, it doesn't actually address the true reason for the dryness.

Also, please be aware, most doctors are using synthetic hormones and those are not safe!

Bioidentical hormones are very different from traditional, synthetic ones so it's like comparing apples to oranges.

Meno(pause) gives you freedom: you no longer need to worry about getting pregnant and you get the opportunity to feel comfortable with who you are, while using your voice to ask yourself what you desire and not being afraid to claim that power!

Medical Benefits of Masturbation and Orgasms

It's time to slip into something more comfortable and slip into a new, sexy state of mind. Did you know that there are actually medical benefits to masturbation and orgasms?

Cultural taboos have misdirected us to believe there is something WRONG with masturbation when the complete opposite is true.

This is your sacRED second act, and red represents heat, passion, desire and FIRE. Nothing mellow yellow going on here...don't shy away from your desires, it's time to acknowledge them, embrace them and feel them fully.

Female masturbation can actually prevent cervical infections and relieve urinary tract infections. Many women report the desire to masturbate when they feel a UTI coming on. It's no surprise as masturbation helps relieve pain, lubricates the vagina and flushes old bacteria out of the cervix.

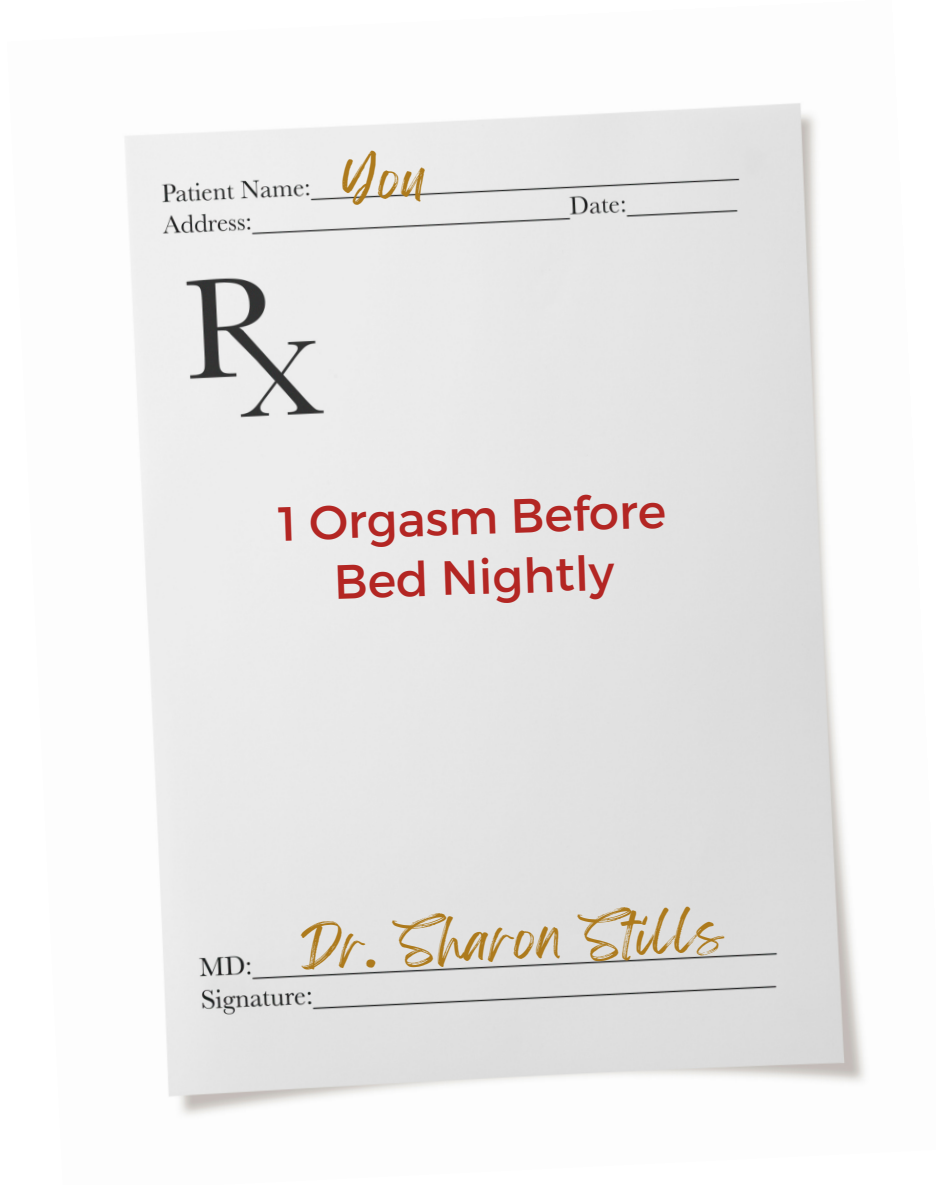
Other health benefits related to masturbation include:

- Increased cardiovascular health
- Lower risk of Type-2 Diabetes
- Prevention of insomnia
- Increased pelvic floor strength



There are also many psychological benefits to masturbation. These can include improving your mood and stress relief. You can use masturbation as a tool to help strengthen your connection with yourself or your partner.

Not to mention, masturbation is a GREAT sleep aid! A little personal time before bed in between the sheets is a perfect way to slip off into a dream state.



Learning to Reconnect With Your Sensuality and Sexuality

Reconnecting doesn't necessarily require a partner. It can be as easy as focusing on yourself first and then possibly sharing the experience with a partner. Pleasure is simply a fingertip away.

Ok, lovely lady, try one (or all!) of these “challenges”: relax and enjoy your shower, stand under the warm water, and let it flow over your skin. Take your time as you wash and rinse your body, focusing on one area at a time. Play sensual music and treat yourself to some specialty bath products.

Don't be shy: Light some candles and take some time to look at yourself in the mirror without clothes on. Use your hand to touch and explore your body. You can also use another mirror to see your back. Remember that your body is made to be felt and enjoyed both internally and externally.

Perform self-massage using essential oils. You may want to try different scents to determine which ones have a calming effect and which ones have an invigorating effect. It is recommended to vary the amount of pressure you apply, between firm and gentle. To start, lie down, close your eyes, and allow your hands to move across your body. You should aim to become comfortable with this type of touch, which should be comforting and sensual in nature.



Sexuality in a Couple of Clicks

The internet has plenty of material to help you reawaken your sexuality. Try reading some erotic literature or looking at sexy images. Place an order for a vibrator or let your fingers do the work. Do you think porn is only made for men? Think again! If traditional porn does not light your fire, there is conscious porn available: also called ethical porn or fair trade porn. Search for porn made specifically for women. Although it's true that porn addiction can be a real thing, safely created healthy porn used for some stimulation is completely acceptable, especially if you've learned to suppress your desires.

Experiment and Express

Try having sex with the lights on and keep your eyes open. Don't rush through the process and don't be afraid to tell your partner what you like and what you don't. Experiment with lights, music and toys. During your sacRED second act you are ready to step into YOUR pleasure.

Try and perform a sexy striptease in front of the mirror or with your partner. Find tips and tricks on sexual movement online.

Give yourself permission to become a sexual being. Then be one.



SEX ISN'T LOVE - THOUGH IT'S PART OF A LOVING RELATIONSHIP. BUT SEX IS SEX - RAW, PASSIONATE, WILD, FULFILLING. DON'T DENY YOURSELF - IT'S BLISS.

Dr. Sharon Stills

Own Your Look

It is perfectly acceptable to care about how you look, even as you get older. As women enter their later years, they can still enjoy dressing up and wearing pretty clothes, nice shoes, and glamorous jewelry and makeup if they like. Ultimately, it's important to dress in a way that makes you feel like the person you want to be and to have fun with it.

Explore your closet and observe if you have a tendency to own clothes in a particular style or color. Consider trying out different fabrics, cuts, or colors to experiment and see how you feel. Trying something new may lead to discovering that you enjoy wearing something unexpected, like a hot pink sundress!

I'm a big fan of comfy, beautiful pajamas. There is nothing better than a great pair of pajamas worn all day long. While casual attire can be comfortable, it can also become too sloppy. While it may be acceptable to be extra cozy when staying at home, it's important to add some variety to your outfits. Even when running errands, you have the opportunity to look fashionable and put together. See how it makes you FEEL to take a bit of extra time on your appearance.



Don't forget to pay attention to your underwear as they can greatly improve your silhouette and how you feel about your body in your clothes. Alternatively, you could consider going without any underwear, yours truly's favorite choice!

Part 2: E - Enter your State of Discovery

If you're heading into your sacRED second act thinking you've done everything and seen everything, then WOW, you've been BUSY! Chances are, if you're like most people, there is still a LOT to discover on this blue ball we call Earth. New sights, sounds, smells, tastes...trust me, there is enough here to keep you busy for a few lifetimes.

When I started my sacRED second act, I decided to climb Mt. Kilimanjaro. I wanted to push myself to do something that I had never done before and to experience something that I would never forget. What is your Kilimanjaro? There is no right or wrong answer. Actually, the only wrong answer I can think of is to just accept the status quo... this is YOUR moment... there is nothing sexier than being BOLD, taking a risk, and challenging yourself beyond what you think you're capable of.

Discover Your Body All Over Again

Women's bodies are designed for sexual exploration, with curves, soft skin, beautiful breasts, and a highly sensitive genital area. For those who already have experience with self-pleasure, it's a chance to improve their skills. And for those who haven't explored their sexuality in some time, returning to basics and making love to oneself is a great place to start.

As our bodies are constantly changing, there is always something more to explore and discover. New sensations to explore and new fantasies to unearth. You may be surprised: what may not have tickled your fancy 20 years ago may suddenly arouse you.



Exploring your own body through self-pleasuring can be like having a private lesson on your own sexual desires. You have the opportunity to experiment and discover what you enjoy while experiencing the excitement and satisfaction of achieving orgasm. Consider visiting a sex toy shop that caters to women or browsing the internet for options. You can read reviews to help guide your decision, and then take the plunge and try a vibrator or any other toy that sparks your interest.

Your sexual fantasies are valuable and neither inherently good nor bad. Allow yourself to release any feelings of shame or guilt so that you can experience sexual pleasure and positivity in your life.

Discover Nature in Order to Open Up

Reawakening the sexy doesn't just have to be physical, we can find ourselves in nature feeling refreshed and fulfilled. Feeling our toes in the sand at the beach and smelling the mossy, earthy ground can arouse pleasure and make us feel whole.

If you want to feel refreshed, alive, and serene, step outside and experience nature. Whether you enjoy activities like skiing, skydiving, or mountain climbing, let the excitement of these adventures relieve stress and invigorate you.

It's beneficial for your health to spend time outside every day and allow nature to heal you. Instead of watching TV, consider watching a sunset, going for a walk or bike ride, or simply sitting under a tree in your backyard to absorb the natural energy whenever possible.

Nature is Sensuous

Next time it rains, don't run for cover. Allow a warm winter shower to engulf you and awaken the inner child. Feel the freedom of dancing in the rain. Grab a partner if you feel inclined or allow the experience to be for you alone.

It may sound cliché, but STOP and smell those damn roses that everyone has been talking about. This is your sacRED second act and you can live it for YOU! Discover the things that you have allowed yourself to take time for in the past.

Play, Move and Have Fun!

"Did you stop playing because you got old, or did you get old because you stopped playing? Get your game on!"

I get it, you're dealing with adult issues, but have you stopped inviting your inner kid back to the part? Often, adults lead such sedentary lives that we have to go to the gym to exercise. We can't just run, oh no, we must compete in races and perform feats of strength.

Moving and playing sports is enjoyable but doesn't have to be a competition.

You don't have to be so serious about movement. Enjoy dancing, rollerblading or hula-hooping to some disco music. When you take things less seriously, you're more likely to enjoy and continue.

Awaken your inner child and feel how vibrant life is. Skip rope or climb a tree!? Why not? Don't just play to win, play to play!



Embrace the Unknown, Expect the Unexpected!

When the unexpected happens, take the opportunity to make the most of it

The quote, "Life is what happens to you when you're busy making other plans," sung by John Lennon, holds true. Our lives are often based on our own plans, but these plans are often futile. It's important to accept the uncertainty of the future without trying to have complete control over it. By letting go of strict schedules, we can leave ourselves open to the potential happiness of unexpected moments.

Unplanned events such as missing a flight, taking a wrong turn, or a canceled meeting can lead to unexpected and positive outcomes. It is possible that you could meet someone who will have a significant impact on your life or stumble upon a path toward happiness that you were not aware of.

Have faith and trust in your journey. Make a plan, but stay open to detours along the way. These are usually the most interesting times of your life.



think positive!

Be Genuine

"May you be happy, healthy and whole. May you be inspired, clear and authentic. May you be peaceful and free."

Being authentic is imperative to being your sexiest, most radiant self in your sacRED second act. Understand that you can express negative feelings, that doesn't make you "bad".

Suppressing anger affects your organs (mainly your liver) so it's better to vent sometimes when you are about to explode.

Of course, you don't want to put others in your line of fire.

As you navigate this new, fresh, sexy you, consider finding a "sharing buddy" to help you stay real, honest and authentic. Talk to a friend you feel comfortable with and you know will give you honest feedback in a loving way. Someone that wants the best for you.

Giving Back

There is nothing sexier than generosity.

Getting in touch with yourself will help you realize your true gifts to the world, feel free to share those.

"If everyone does her part, the world becomes a brighter place. What will you do to make a difference?"

Guess what? You're not alone! You are part of a bigger, more connected community of humans. What special skills and traits do you possess? How can you use those to help others or even just one person? As you navigate this time in your life, can you reach out and help others navigate the same things.

As you navigate your sacRED second act, be kind to those closest to you.

Furthermore, reach out and volunteer. It's a fast way to help others, and it's incredibly satisfying. Helping involves respecting others even if they're different. An open mind allows you to see things from all angles.

You get what you put out into the universe. Give compliments, send love out into the world.

Learn how to receive. Accept others' generosity and compliments. You are worthy of love, not weak in accepting help.



Part 3: X - eXplore and Create

Women are the center of all creation. The famous painting, L'origine du Monde, Origin of the World, by Gustave Courbet says it all! We are women. We have the ability to birth life into this world. I'm not just talking about children, I'm talking about art: writing, movies, music, dance and beyond. Marie Curie was the first PERSON to win two Nobel Peace Prizes! Finally, in your sacRED second act you have time to explore, create and get in touch with your inner genius! Now you have the space to create a vision for the life you want to live.

Creativity as a Life Process

Being sexy, sensual and in love with life is a creative act.

"You are more creative than you know. Every time you solve a problem or artfully manage difficult people, you're being creative."

A lot of people don't consider themselves creative because they are not holding a palette and standing in front of an easel. But how do you express your thoughts and ideas? They are coming from somewhere. Every moment is an act of creation and you can start to be more conscious of your creative expression today.

Creativity is a journey. You decide how you are going to approach your life and it helps to approach each day like a fresh canvas. This thought should make you feel free and alive with possibility.

It can be a long held desire or just something that sounds fun! For instance, I've always wanted to learn to play the piano for a whole host of reasons but I finally took the plunge in my sacRED second act!

Unleash Your Creativity

There are many ways to unleash creativity. It might be in your garden, kitchen, or with the clothes you wear. Don't shy away from creating. Too often, we are obsessed with the end results. Let the process of creating art, music and beauty be the satisfaction you seek.

Try contour drawing - choose a subject (people are best) and put your pencil tip on a big piece of paper. Never take your eyes off the subject and never take the pencil from the page. Don't look at the paper until you are finished. Amazing!

Create a short story with yourself as a fictional character. Write out your adventures and see where the narrative takes you. Describe yourself as the sexy, empowered heroine that you know yourself to be!



Create a Vision for Your Life

"Breathe life into your visions. They're the whisperings of your soul."

A vision board is a great way to sharpen the focus on your dreams and you can constantly add and adapt it as your vision grows. Add scraps of poetry, drawings, doodles, magazine cutouts, natural treasures, receipts, ticket stubs, ribbons, medals, anything! Stick it all to your vision board, and add and remove things as you curate your collection.

Imagine yourself at the center of your vision board, feeling and radiating as a sexy, beautiful, vibrant ball of energy.

Daydreaming

Nothing is worse than feeling trapped - daydreaming can remind you of possibilities. Imagine the different scenarios that might make your vision real.

Start thinking of possibilities and let your mind wander:

- **What if I make myself a delicious candle-lit meal tonight**
- **What if, instead of watching TV, I play classical music**
- **What if I finally take that beach vacation I've been putting off**
- **What if I start volunteering**
- **What if I finally took piano lessons**

Part 4: U - Your Definition of Sexy

Ok beautiful! I hope this ebook has helped you start thinking about what it means to be sexy. Remember, this is your time to pause and consider what you want out of your life. Why not make it the most fun, sexiest time of your life? What's stopping you!?

Take some time to do the following exercises to help create your very own definition of sexy and use this as a launching pad to your new sexy life. You can finish these writing prompts here, or you can write in your own journal. I'm a huge fan of journaling, so have fun!

Define what sensuality means to you.

Define what sexy means to you.

What makes you feel sexy?

Write a list of sensual desires.

Write a sexy short story starring you as the main character!

List out your gifts to the world.

Where can you add more play into your life?

What brings you joy? How can you cultivate more of that feeling?

What is your Kilimanjaro challenge?

How can you build creativity into your daily life?

What's one thing you can commit to to expand your sexual horizons?

Remember this is a journey, not a one time event so you don't have to do ALL the things today. You can revisit these questions and challenges anytime you feel the need to reconnect or renew your sexual energy.

Here's to having a red hot sexy Meno(pause)!

XOXO

Dr. Stills



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Dr. Sharon Stills is a Naturopathic Medical Doctor who believes that the Mind AND the Body must be treated as one in order for you to enjoy genuine health, true happiness and to experience your deepest passions each and every day while enjoying the gift of being alive.

She helps menopausal women to pause and evaluate life so they can live the second act of their story stronger, healthier and sexier while aging backwards. She's successfully helped thousands of women transition gently through the different stages of their lives with all natural methods.

Most importantly, she is a champion of you living your best, sexiest life, especially during your sacRED second act!