

Sex Insights

By Dr. John Simms, Ph.D.

(Questions came from clients, followers and inquiries)

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1). Your views on sex and lust?

Answer: To me, sex is a natural part of life. And it could be used for a number of purposes such as procreation, therapeutic, gratification, etc. As for lust, it's a natural and powerful desire. However, sex and lust suppression or the lack of control and moderation can lead to negative consequences and destructive behaviors. In all, sex and lust are normal and needs to be properly expressed, controlled and moderated.

2). In your opinion, what influences sex?

Answer: Many things such as sex education or the lack thereof, hormones, mass media, culture, entertainment industry, pornography, one's upbringing, religious ignorance, beliefs and indoctrination, propaganda, various physical and mental health issues, drug and/or alcohol use, diet, exercise, etc.

3). Do people often come to you for sexual issues?

Answer: Yes. In fact, several guys wanted me to help them with their premature ejaculation and sexual performances mostly. And a lot of women wanted me to help them with their organism problems, pain during intercourse and lack of sexual satisfaction and fulfillment. In regards to couples, they wanted me to improve their intimacy and other sexual issues. I've even helped virgins and the sexless as well as those with low sex drives, erectile dysfunction, physical limitations, etc. Overall, I've assisted many single men and women as well as married and committed couples improve their sex lives and/or situations on a regular basis.

4). What are the benefits of sex?

Answer: There are several of them. Besides being a form of exercise that burns calories, sex can reduce pain and stress and improve well-being, intimacy, relationships, libido, sleep, immune system, cardiac health and more. Sex may even help you look younger and live longer not to mention could improve bladder control for women and prostate health for men.

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5). Your opinion on sex and religion?

Answer: Sexual views will vary depending on one's religion and culture not to mention their religious knowledge, beliefs, upbringing, indoctrination, etc. In regards to Christianity, liberal and progressive Christians tend to be more open-minded and positive towards sex whereas fundamental, conservative and evangelical Christians are more reserved and may have various psychological issues with it such as stress, anxiety, depression, guilt, shame, etc. I also wanted to point out that a lot of religious people are ignorant about sex and/or their own religion and bible. Thus, could improve their sexual situations, mental state and spirituality if they were properly informed.

6). Can sex be spiritual?

Answer: Yes, in more ways than one. Even Tantra could help with sex and the spiritual component.

7). Can hypnosis improve sexual issues and experiences?

Answer: Yes, in more ways than one that could benefit both men and women.

8). What is your opinion on Orgasmic Meditation?

Answer: I have never cared for the practice due to its one-sidedness and not properly addressing various underlining issues that many people have. As for the technique being use, stimulating the clitoris for 15 minutes isn't special. But in all fairness, Orgasmic Meditation could be used as a therapeutic tool even though there are better approaches knowing what I know.

9). In your opinion, can nutritional supplements improve sexual issues?

Answer: Most of them are a waste of time and money especially when it involves sexual health. And many supplement companies use a lot of misleading claims and persuasion in their advertisements in order to get you to buy their products. However, this isn't to say that all of them are useless. And for your information, I do give people advice about nutritional supplements in my private practice. And you may want to read my free special report called "Nutritional Supplement Insights."

10). What is your opinion on sexual aides and novelties?

Answer: They could be beneficial. And always buy quality products and be aware of possible adverse effects or consequences, if applicable.

11). Your views on pornography?

Answer: Make no mistake, pornography can be entertaining and arousing, but it could be very harmful in certain situations due to its potential addictiveness and distortions of reality.

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12). What types of professionals could benefit me sexually?

Answer: Several. Besides utilizing a licensed psychologist, counselor or therapist who specializes in sex therapy and related issues, you could utilize a competent and legitimate surrogate partner, life, dating, relationship and/or sex coach, spiritual advisor, hypnotist, holistic medicine practitioner, etc.

13). Have you ever dealt with the alternative lifestyle?

Answer: Yes, mostly swinging along with some bdsm, polygamy, asexuality, etc

14). Do you teach people seduction?

Answer: Yes, regardless if they're single or in a relationship. I've even taught massage therapy to others among other things.

15). Do you provide speaking engagements or workshops on sex and related issues?

Answer: Yes. Free of charge through out the St. Louis, MO region. And I also network, partner and do joint ventures with businesses and individuals.

16). What types of services do you provide in your private practice?

Answer: I'm an Integrative Holistic Medicine Practitioner who addresses the whole person. Besides rendering some physical health services via fitness therapy, massage therapy, bodywork, etc, most people use my counseling, psychotherapy, life coaching and personal development services.

17). Why do people want to use your services?

Answer: For a number of reasons. Besides confidentiality and my professionalism, skills, competence, quality care and open-mindedness, I would say my resourcefulness, various services that I offer, willingness to work with people financially and having a very high satisfaction rate with my clients.

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