



HELP ME Get Rid of My PAIN with SEX!

Sex has become a centerpiece of modern culture. It is up for discussion everywhere -radio, TV, movies and even unexpected places, like the office or in schools. BUT, the one place sex isn't being discussed is in your doctor's office -an omission that can keep you from achieving and maintaining an optimal sex life -for your whole life. In fact, female sexual dysfunction is not a small problem: 50% of women reported experiencing some degree of low libido and dysfunction.

If I have pain with sex, is there something wrong with me?

You are not alone! Maybe yes, maybe no.

The number of women who experience pain during vaginal sexual intercourse (called dyspareunia), is increasing. Although, the number of women who suffer this is unknown because the symptoms vary widely; it can be a complicated condition that can expand into a multitude of other pelvic issues.

My hope is this short ebook will answer the *most frequently asked questions* for women to help them understand there is no need to panic if they have pain or discomfort from sex. Give yourself a pat on your back for making the decision to learn more proactive ways to eliminate this issue.

Is this an emotional or physical issue?

I am excited to share natural solutions for women that do not require surgery and that support healthy sexual relations. Let's begin by considering common emotional and psychological factors that can play a role in the physical pain during intercourse.

- **Anxiety**
- **Fear**
- **Depression**
- **Stress**

The above issues can prevent sexual arousal, and can bring about vaginal dryness or vaginismus. We live in a stressful society so there are many ways it can contribute to a tightening of the pelvic floor muscles, which can cause pain.

Dyspareunia is also common in women who have a history of sexual abuse or sexual violence. It is helpful to address these physical and psychological challenges along with the best natural treatments while focusing on the underlying cause. Be aware that painful sex can become a serious emotional problem when you do not deal with it and note the above factors can affect your health in many other negative ways not just painful sex.

We know you are reading this because YOU care to be a sexually vital woman and resolve any discomfort you may be facing now.



What is Dyspareunia and do only women have it?

Men and women have been known to have painful intercourse, although studies show it is much more common among women. According to the American Academy of Family Physicians (AAFP), up to 20 percent of American women experience it.

Dyspareunia can be defined as a recurrent or persistent pain due to sexual activity that can give rise to specific distress or personal conflict. Women who discover they have Dyspareunia understand it is complicated and may be a result of or have a direct impact on their mental and physical health, body image, relationship with partners and the ability to conceive.

As mentioned above, there are emotional issues that come along with each physical reason intercourse results in pain. Defining the physical symptom helps when you know where it happens, at the entry of the vagina or deep into the pelvis area.

Here are several major reasons why a woman might have pain with sex:

- **Penetration for the first time or tightness at the vaginal entrance** – If this is your situation, it is important to identify whether the pain was at the vaginal opening or deep in the pelvis.
- **Insufficient Lubrication** – This is the most common reason. Vaginal dryness can be caused by conditions like perimenopause and hormone imbalances; or medications. The dryness can interfere with pleasure or sexual arousal and make intercourse uncomfortable.
- **Local Irritation or Infection** – Adhesions in the ligaments that support the uterus can cause pain during intercourse. Obstetrical mismanagement during childbirth, an abortion that was improperly performed, pelvic surgery, rape, or excessively rough penetration during sex can result in tears and scarring.

At the vaginal opening, a herpes sore on the external genitals can make friction painful. Infections deep in the pelvis impacting the cervix, uterus, and tubes (i.e. Monilia—yeast or trichomoniasis) can also cause pain during sex.

- **Vulvar pain** (also called Vulvodynia) is a chronic, unexplained pain in the area around the opening of the vagina. For some women, Vulvodynia can affect activities other than sex, like sitting for long periods of time. The burning and rawness of the genital area can be ongoing or occasional for months or years with symptoms suddenly vanishing or starting.

The obvious treatment for this would be to avoid tight-fitting clothing, perfumes, and dyes; and activities that might irritate the situation like biking. We like to suggest natural treatments (read further) rather than oral and

topical medications. Biofeedback therapy has also been used with good results.

Below is an age chart on vulvar pain provided on Google. [Click here](#) for more.

Ages affected



Consult a doctor for medical advice

Sources: Mayo Clinic and others. [Learn more](#)

Can you help me naturally to avoid further unpleasant experiences in my sexual life?

It would only be truthful to say we cannot mend your relationships, as they can be complex. What we can help you with is documented natural solutions with testimonials from real women who can give you confidence in your desire to have a great sexual relationship with your partner.

We understand for couples, Dyspareunia can greatly affect the sexual relationship. It not only physically, but also emotionally for both you and your partner. That is why it is necessary to address this problem as soon as it arises but in a healthy natural way that supports your body.

Find a Doctor Who Supports the Whole Picture

As a Doctor of Oriental Medicine (DOM) who has practiced for over 26 years, I am proud to provide my patients innovative and life-changing approaches to today's health care. My office can help evaluate and test your entire health system which would include investigating your hormone levels in this circumstance.

As an author, speaker, self-care and regenerative expert who is passionate to help my patients with natural solutions based in science, I am honored to be called *THE health detective with life-changing solutions!*

My background incorporates considerable knowledge in acupuncture, platelet rich plasma (PRP) therapy, herbs, IV therapies and the love for travel to help patients resolve acute and chronic health challenges to achieve optimal and sustainable health for the long run. I make large investments in the training and equipment needed to offer the most advanced leading-edge therapies, procedures and products designed to renew, restore and revive peoples' health.

I believe in the brilliance of our bodies. I have witnessed new solutions that align with our health naturally and call it my ART, **Amplified Regenerative Therapies**.

My degree from the University of Virginia focused on Sports Medicine with a Master's Degree in Acupuncture and Oriental Medicine. I am board-certified in orthopedic and pediatric acupuncture, a mother, adventure enthusiast, world traveler, nationally recognized speaker and the founder / owner of **Santa Fe Soul Center for Optimal Health** for over 13 years.

Did your doctor ask you if they could do "vaginal mapping"?

If they did, **RUN away from that doctor as fast as you can.**

What is Mapping?

Some physicians will tell you they need to "*map the vagina*" with the intent to find the part of the Vagina that is most sensitive. Let me make this clear, "***mapping is not needed.***"

If you are seeing a doctor or were referred to a doctor who says they do *vaginal mapping*, they are compounding your problem and are not up-to-date with the latest solutions for Dyspareunia. *Mapping* only creates additional levels of embarrassment and makes women feel uncomfortable with no legitimate scientific reason to do it.

I offer natural 21st century methods that use **Platelet-Rich Plasma** or **PRP** which spreads like water when injected, covering a larger area without the need for mapping. I am fortunate to be one of the first certified doctors nationwide who has full knowledge of advanced technologies known as the true O-Shot®. *Read further for more information about natural, healthy solutions.*

What Are the Symptoms of Painful Intercourse (Sex)?

Pain or discomfort felt by a woman in her labial, vaginal, or pelvic areas during or immediately after sexual intercourse may be experienced as deep pain, sharp pain, or a burning sensation. Sharp or burning pain is the most common type, and is felt upon entry, termed as *intromission*. Other symptoms may be felt as muscle spasms, pelvic cramping, or muscle tightness. But even without any physical cause, a woman may experience pain during sexual contact, and this may have a psychological origin.

There are a few descriptions of pain during intercourse:

- **Primary pain** - If painful sex is experienced in your entire sexual lifetime.
- **Secondary pain** - This is when painful sex develops after you had a symptom-free period of time.
- **Complete pain** - If you are experiencing pain at all times during sexual contact.
- **Situational pain** - If pain only occurs with a particular partner or a certain type of stimulation.
- **Superficial-entrance pain** - If pain is felt at penetration.
- **Deep thrust pain** - If pain is felt at the cervix or in the lower abdominal area and is experienced during or after penetration.

You may wonder what causes this pain and discomfort during sexual contact. When you are uncomfortable during sex, it may lead to sexual dysfunction as the discomfort or pain will decrease pleasure of having sex. The prevalence of this problem is increasing, so let us identify additional possible reasons of painful sex.

- Sexual behavior changes

- STD
- Menopause
- Vulvodynia
- Injuries or irritation of the vagina due to any cause
- Infections
- Vaginismus
- UTI
- Skin conditions in the genital areas.
- Vaginal dryness
- Obstructions or anatomical changes in the genital area
- State of mind
- Relationship problems
- Medications
- Medical and surgical conditions
- Sexual problem of your partner

When should you seek Medical Care for Painful Intercourse (Sex)?

Though pain during intercourse is not an emergency, it is best to seek medical care if you are experiencing a new or worsening pain, bleeding, nausea, vomiting, rectal pain, or discharge after sex. When you experience pain with sex, it is appropriate to check with your gynecologist. But depending on the underlying cause, you may also be referred to a counselor or a urologist to help reverse this problem.

Are there things you can do on your own to help with pain during sex?

In order to prevent painful intercourse, you should avoid using perfumed soaps, douching, vaginal perfumes, bubble baths, scented or tinted toilet papers, scented panty liners or tight synthetic undergarments such as panty hose, which may lead to irritations or infections that cause painful intercourse.

It is important to see your ob-gyn, acupuncturist and or a pelvic floor physical therapist if you have pain during sex. Consider these helpful measures that you can use to lessen or relieve pain during sex.

- **Use lubricants.** This is the easiest way to treat painful sex. If you have vaginal irritation or sensitivity, it is helpful to use water-soluble lubricants on the other

hand, silicone-based lubricants last longer and tend to be more slippery than water-soluble lubricants. Petroleum jelly, baby oil, or mineral oil with condoms is not advisable as they can dissolve the latex and cause the condom to break.

- **Set the mood.** When both you and your partner are tired while making love, it can affect sex and it can contribute to painful sex. It is important to make time for sex and set the mood before making love.
- **Empty your bladder.** In order to relieve pain, empty your bladder, take a warm bath or taking an over-the-counter pain reliever before intercourse will help.
- **Relieve the pain.** If you are experiencing pain after sex, applying ice or frozen gel pack wrapped in a clean towel to the vulva may help alleviate the pain.
- **Consider speaking to a therapist.** Some cause of painful sex is emotional and psychological in nature. Seeing a therapist to work through issues can also treat this problem.

If the measures mentioned above do not work for you, you may consider other alternative ways to effectively treat the problem of painful sex.



Are there Natural Remedies that Can Help Relieve Pain During Intercourse (Sex)?

Yes, there are natural solutions. I offer non-surgical therapies that harnesses the critical components of your body's own healing process to stimulate tissue regeneration and repair.

I will share with you a solution that not only works fast but actually facilitates healing rather than just blocking the pain signal. It is exciting to offer a safe, affordable, outpatient therapy that can be done without nasty side effects.



What is the O-Shot®?

The O-SHOT® is a revolutionary ***nonsurgical treatment*** that uses the patient's own blood platelets to activate growth factors that rejuvenate the female orgasm system, allowing more blood flow to the organ, enhancing sensitivity and delivering dramatic improvement in sexual function.

The O-Shot® procedure begins with a simple blood draw. Then using a unique centrifuge, platelets are separated and concentrated from this blood. The Platelet Rich Plasma (PRP) containing growth factors extracted from the blood is then injected into an area near the clitoris and into the area of the upper vagina that is most important for the sexual response. I often customize the procedure for women needing more specific help in specific areas, such as scar tissue from child birth. These areas are numbed with a local anesthetic cream before injection, causing little or no discomfort to the patient.

The PRP process triggers the platelets to release seven different growth factors that activate the stem cells to regenerate and improve functional potential.

Women often enjoy the effects of the O-Shot® almost immediately, as the growth factors begin to rejuvenate and enhance the sexual response. Women have reported a reduction or elimination of pain while enjoying an increase in their sexual response and pleasure within days and weeks of the treatment.

If you suffer from vaginal dryness or urinary dysfunction, the O-Shot® can bring back desire and so much more!

The O-Shot® will give you the confidence you desire when it comes to your sexual life and pelvic health. This outpatient therapy has been documented and is perfect for an active modern woman.

I offer an integrative approach that includes the Dr. Benson ART method. To thrive with a healthy pelvic area, consider a self-care lifestyle that includes a whole food diet, exercise, bio-identical hormones, supplements, excellent hygiene... and regular sexual activity is super helpful! I look forward to working with you if this sounds exactly what you are looking for in your life right now.

How does it work?

Learn more from [my video](#) with Sex Expert Susan Bratton.

Why are women raving about their O-Shot®?

Because there is finally a natural solution for optimizing sexual function, resolving incontinence, and relief from pelvic pain.

The O-Shot®, is an effective and simple procedure for women who want to improve their sexual function, libido, reverse incontinence, relieve pelvic pain and increase vaginal sensation and tone.

The O-Shot® is a gentle procedure that requires no down time. Expect 40-60 minutes from start to finish.

What do you have to know before you get started?

It is important that the patient use no anti-inflammatory medications before and during the 48 hours after the injection. For this same reason, areas that have been treated with steroid or cortisone injections cannot be treated with PRP until the injections have worn off (at least 4 weeks).

“The O-Shot was a miracle in my life”

A 60-year-old woman came into my office complaining of pelvic pain that prevented her from having sex for 8 years. She was blown away to find that the first procedure resolved 90% of her pain and she resumed a normal sex life. A few months later she

decided to have one more to fully recover and is now enjoying the best intimacy and sexual pleasure of her life.

Endless stories like this continue to ignite my mission to help as many women as possible to know the value of this often life-changing natural solution for pelvic pain and restoring sexual vitality.

What are the benefits of the O-Shot®

- Restore healthy sexual functioning
- Decrease incontinence (and often complete resolution in 90% of all women)
- Revitalize the pelvic floor
- Younger, smoother skin of the vulva
- A tighter vaginal opening with increased natural lubrication
- A solution for those who experience painful intercourse
- Increased desire for sex and better orgasms

***"The O-shot does wonders
for your woo haa!"***

I was experiencing decreased sexual desire and bladder incontinence after having three babies. The O shot resolved both issues beautifully and I'm only three months post shot. It seems to be getting better and better as time goes on. Honestly having a bikini wax is more painful! Robyn's O shot is something every woman should have done!"

Candice W.
Albuquerque, NM

art
amplified
regenerative therapies

Dr. Robyn Benson

Article Resources:

1. What Causes Dyspareunia or painful intercourse?
<https://www.medicalnewstoday.com/articles/192590.php>
2. 20% of American Women Experience it -
<https://www.aafp.org/afp/2014/1001/p465.html>

3. Our Bodies Ourselves - <https://www.ourbodiesourselves.org/book-excerpts/health-article/pain-during-intercourse-or-penetration/>
4. When Sex Is Painful – <https://www.acog.org/Patients/FAQs/When-Sex-Is-Painful>
5. Female Pain During Sex – <https://www.webmd.com/sexual-conditions/guide/female-pain-during-sex>
6. Pain During Intercourse - https://www.emedicinehealth.com/pain_during_intercourse/article_em.htm
7. Painful Sex Causes Treatments - <https://greatist.com/play/painful-sex-causes-treatments>
8. Psychology Today (Save Your Sex Life) – <https://www.psychologytoday.com/blog/save-your-sex-life/201108/when-sex-hurts-tips-and-tricks-overcome-discomfort>
9. Solutions for Painful Sex – <https://www.prevention.com/sex/solutions-for-painful-sex>
10. Other - <https://www.nhs.uk/chq/pages/974.aspx?categoryid=118>

Begin receiving results with your very first treatment!

Call M-F 8 am – 5 pm MST 505-986-1089 or email us at: Robyn@RobynBenson.com

Our Address: 2905 Rodeo Park Dr E # 3 • Santa Fe, NM 87505

For more information visit: <http://robynbenson.com/>

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