



Dr. Robyn Benson's
A.R.T. eGuide Series:

Pain with SEX

amplified regenerative therapies

Discover non-surgical solutions for today's health-conscious men and women at:

DestinationRegenerate.com

Dr. Robyn Benson's signature leading-edge treatments will help you grow biologically younger! Get FREE access to her online classes on how to regain a quality of life, prevent disease, and maintain a strong immune system so you can live your best life in a body you have always dreamed of.

Santa Fe Soul

Center for Regenerative Medicine



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A.R.T. eGuide Series: *Pain with SEX*

Discover More About A Youthful YOU Naturally!

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A.R.T. with Dr. Robyn Benson

amplified regenerative therapies

[Dr. Robyn Benson](#) is a Doctor of Oriental Medicine (DOM) who brings an innovative and game-changing approach to today's health care. Robyn offers the most advanced and cutting-edge therapies, procedures, and products designed to renew, restore, and revive health called A.R.T.: Amplified Regenerative Therapies.

Dr. Benson, author, speaker, and self-care and Regenerative Medicine* expert, is known by many to be THE *health detective* with life-changing solutions! She has been the owner and founder of the [Santa Fe Soul Center for Regenerative Medicine](#) for close to two decades.

For almost 30 years, Dr. Benson has applied her considerable knowledge of acupuncture, platelet rich plasma (PRP) therapy, herbs, IV therapies and her love for healthy travel to help patients resolve acute and chronic health challenges and to achieve optimal and sustainable health *without the use of chemicals or surgery*.

*Definition of regenerative medicine and practices, *see next page*.



Definition of Regenerative Medicine and Practices

***Definition of Regenerative Medicine:** Regenerative Medicine is the reverse of aging and degenerative disease. It is the science of boosting healing naturally in damaged tissues and in under-functioning endocrine and immune systems. This is achieved through nutrition therapy, stem cell therapy, and oxidative medicine (ozone and high doses vitamin C IVs). It also includes restoring healthy joints, hair growth, skin, and sexual function with your own platelet-rich plasma (PRP).

Discover More about How You Can Live a Youthful Life Naturally!

Youthful + Healthier + Healing + Energizing + Sharper + Clearer + Sexier

amplify regenerate transform

“I am here to help you truly love your entire body, see the beauty in it, and get that natural joyous sensation back that you desire.”

Dr. Robyn Benson



I am on a mission to help woman embrace to their sexual, sensual goddess within, and without. I am devoted to helping them keep their life force (called Qi) flowing freely with my A.R.T. which can support a youthful libido, heart, and lungs. It is time for women to inhale all that life offers by energizing their body and soul. Women should know the importance of sustaining sexual and pelvic wellness and learn how it runs deep into their overall health and well being.

I am honored to help them regain their happiness by recognizing their beauty and vitality is unique in its expression and by restoring the joy of touch sensitivity. In these ways, they improve their overall vitality in life. The pathway I offer is my custom version of the O-Shot[®], which I call my A.R.T. O-Shot[®]. This natural, non-surgical, and effective procedure harnesses the healing power of your body to improve your overall look, feel, and health, in only an hour or less. The results are immediate, and there's absolutely no downtime.

Is this remarkable treatment a good fit for you? Let's find out!

Sex is a centerpiece of modern culture.

IF I HAVE PAIN WITH SEX, IS SOMETHING WRONG WITH ME?

You are not alone! The answer is maybe yes, maybe no.

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

Our hope is that this short informational eGuide will answer the *most frequently asked questions* for women to help them understand that there is no need to panic if they have pain or discomfort from sex. Pat yourself on the back for deciding to learn more proactive ways to eliminate this issue.

Sex is 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 ironically, 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. Female sexual dysfunction is not a small problem: 50% of women have reported experiencing some degree of low libido and sexual dysfunction.





Is this an emotional or physical issue?

Dr. Benson is 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 bring about vaginal dryness or vaginismus, involuntary tensing of the vagina. We live in a stressful society, and there are many ways that can contribute to a tightening of the pelvic floor muscles that 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. 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.

It is clear you are reading this because you want to be a sexually vital woman and resolve any discomfort you may be facing.

WHAT IS DYSPAREUNIA AND DO ONLY WOMEN HAVE IT?

Dyspareunia can be defined as 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.

Men and women have both 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.

As mentioned above, there are emotional issues that come along with every physical reason why intercourse results in pain. Defining the physical symptom helps, such as understanding where the pain happens, whether at the entry of the vagina or deep into the pelvis area.

There 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 where the pain is.



WHAT IS DYSPAREUNIA? *continued*

- 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 also make friction painful. Infections deep in the pelvis impacting the cervix, uterus, and tubes (i.e., Monilia (Candida)—yeast or trichomoniasis) can also cause pain during sex.

- Vulvar pain (also called vulvodynia) is 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. 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 as well as 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.

Go to page 23 of this eGuide labeled “[References](#)” for a link offering an age chart on vulvar pain for more information.



*Is it time to find a Doctor
with a TEAM who supports
the whole picture of YOU?*

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 Santa Fe Soul can help you with is providing documented, natural solutions and testimonials from real women who can give you confidence in your desire to have a greater sexual relationship with your partner.

Dyspareunia can greatly affect the sexual relationship both physically and emotionally for you and your partner. That is why it is necessary to address this problem as soon as it arises in a healthy, natural way that supports your body.

Did your doctor ask you if they could do “vaginal mapping” on you?

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.

It is very clear that *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 on the latest solutions for dyspareunia. Mapping only creates additional levels of embarrassment and makes women feel uncomfortable, for no legitimate scientific reason.

Dr. Benson offers safe, 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. She is fortunate to be one of the first certified doctors nationwide who has full knowledge of this advanced technology known as the true O-Shot®.





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 it 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.

Here are a few descriptions of pain during intercourse:

- **Primary pain:** If painful sex has been experienced throughout your entire sexual lifetime.
- **Secondary pain:** This is when painful sex develops after a symptom-free period.
- **Complete pain:** If you always experience pain during sexual contact.
- **Situational pain:** When 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.

What are the symptoms of painful intercourse (sex)? continued

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 the pleasure of having sex. The prevalence of this problem is increasing, and there are additional possible reasons for painful sex:

- Sexual behavior changes
- STDs
- Menopause
- Vulvodynia
- Injuries or irritation of the vagina due to any cause
- Infections
- Vaginismus
- UTIs
- 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
- Partner's sexual problems

When should you seek medical care for painful intercourse?

Though pain during intercourse is not an emergency, it is best to seek medical care if you are experiencing 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 the problem.



ARE THERE NATURAL REMEDIES TO HELP RELIEVE THE PAIN?

Yes, there are natural solutions and [supplements](#)! Dr. Benson offers non-surgical therapies that harness the critical components of your body's healing process to stimulate tissue regeneration and repair.

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

Are there things you can do to support painless sex?

To prevent painful intercourse, you should avoid using perfumed soaps, douching, vaginal perfumes, bubble baths, scented or tinted toilet papers, scented pantyliners, or tight synthetic undergarments such as pantyhose, 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 (view list on next page):

Are there things you can do to support painless sex? continued

- 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. However, 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 negatively and contribute to painful sex. It is important to make time for sex and set the mood before making love.
- Empty your bladder. To relieve pain, consider emptying your bladder, taking a warm bath, or taking an over-the-counter pain reliever before intercourse.
- Relieve the pain. If you are experiencing pain after sex, applying ice or a frozen gel pack wrapped in a clean towel to the vulva may help alleviate the pain.
- Consider speaking to a therapist. Some causes of painful sex are emotional and psychological. Seeing a therapist to work through issues can help 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.



IS THE A.R.T. O-SHOT® FOR ME?

Let begin by listing some of the benefits the A.R.T. O-Shot® has provided for women, such as:

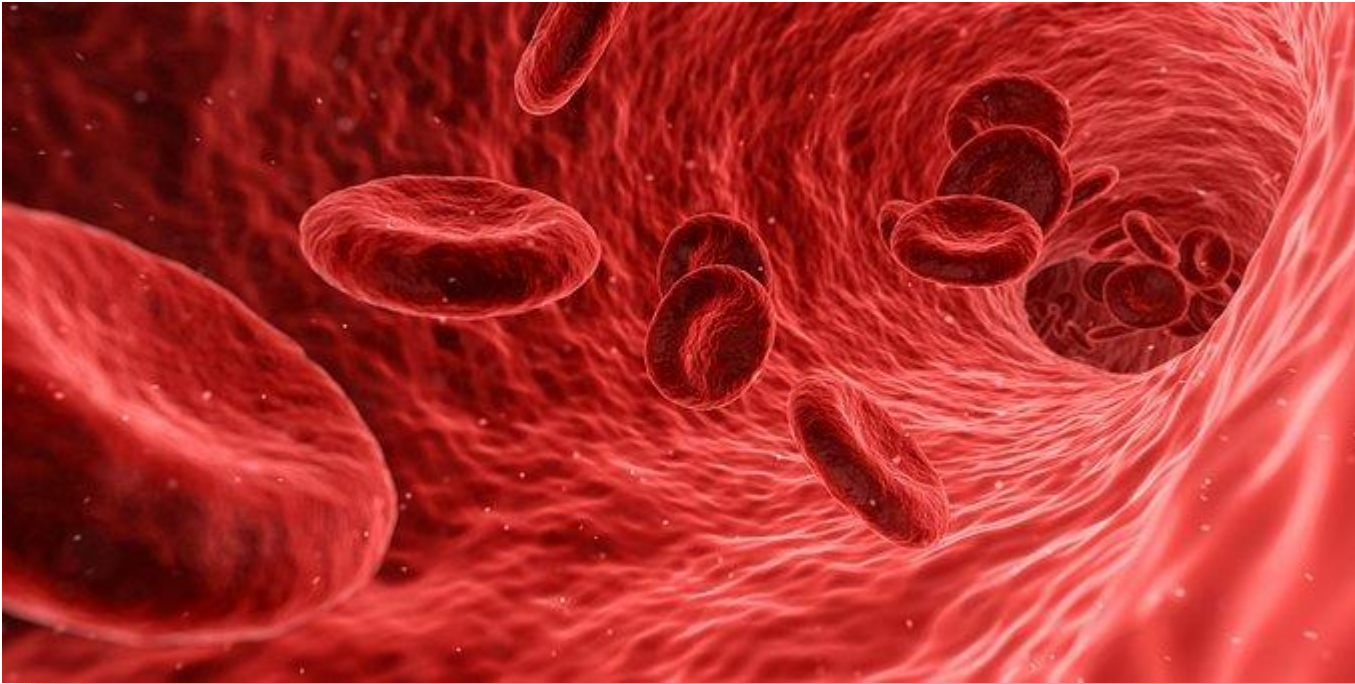
- Restoring healthy sexual function
- Decreasing incontinence (complete resolution in 90% of all women)
- Revitalizing the pelvic floor
- Restoring the vulva, resulting in younger, smoother skin
- Achieving a tighter vaginal opening with increased natural lubrication
- Offering a non-surgical solution for those who experience painful intercourse
- Helping increase the desire for sex due to better orgasms

“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 eight years. She was blown away to find that the first procedure resolved 90% of her pain, and she was able to resume a normal sex life. A few months later, she decided to have one more procedure to fully recover, and she 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 reducing pelvic pain and restoring sexual vitality.





WHAT IS PRP?

The A.R.T. O-Shot® achieves its powerful healing using platelet-rich plasma (PRP), a substance drawn from a sample of your blood that helps to heal damaged cells and tissues. While PRP consists of several components found in your blood, it's not actually blood.

The PRP process works like this: Once the team at [Santa Fe Soul](#) *Center for Regenerative Medicine* draws a sample of your blood, it is placed into a centrifuge for processing. The spinning motion of the centrifuge separates your blood into layers. The plasma, or liquid part of your blood, is then combined with the concentrated layer of platelets to create PRP. The plasma allows your blood to flow, making PRP an injectable liquid substance. The platelets in your blood are responsible for clotting blood and releasing growth factors to aid in healing after an injury.

WHAT IS THE A.R.T. O-SHOT®?

The A.R.T. O-Shot® is a revolutionary, ***non-surgical treatment*** for woman that uses the patient's 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 the simple blood draw and separation of the platelets described above. 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. The procedure is often customized for women needing more help in certain areas, such as scar tissue from childbirth. These areas are numbed with a local anesthetic cream before injection, causing little to 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.



MORE ABOUT THE A.R.T. O-SHOT®

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 A.R.T. O-Shot® can bring back desire and so much more!

The A.R.T. 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 in research and is perfect for the active, modern woman.

Dr. Benson offers an integrative approach that includes her A.R.T. method (Amplified Regenerative Therapies). 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!

For more info, listen to [YOUNGER](#) with Dr. Robyn Benson: *The A.R.T. and Science of Youthful Aging* as she interviews a women's pelvic specialist and Medical Doctor (MD) on episode [#22](#).

FAQs



FAQs

What are the benefits of the A.R.T. O-Shot®?

- Restore healthy sexual functioning
- Decrease incontinence (complete resolution in 90% of all women)
- Revitalize the pelvic floor
- Renew a younger, smoother skin of the vulva
- Achieve a tighter vaginal opening with increased natural lubrication
- Offer a non-surgical solution for those who experience painful intercourse
- Increase desire for sex with better orgasms

Is PRP safe?

Platelet-rich plasma comes from your blood and has never been associated with infection, malignancy, or any serious side effect, and it is documented in more than 15,000 research papers about multiple tissue types.

How long does the A.R.T. O-Shot® procedure take?

Once the blood is drawn and separated, the actual procedure takes about 15-20 minutes in our office at **Santa Fe Soul Center for Regenerative Medicine**. Because there is no downtime and no surgery, you can walk out of our office and immediately return to your regular life activities.

FAQs



FAQs

How long will the results last?

You can expect results to last for at least one year, depending on your age, vitality, and overall health.

What do I need to know to prepare?

It is important that you don't use anti-inflammatory medications before and during the 48 hours after the injection. Also, areas that have been treated with steroid or cortisone injections cannot be treated with PRP until the injections have worn off (at least four weeks).

Why are women raving about their A.R.T. O-Shot®?

Because there is finally a natural solution for optimizing sexual function, resolving incontinence, and gaining relief from pelvic pain for women. The A.R.T. O-Shot® is an effective and simple procedure for women who want to improve their sexual function and libido, reverse incontinence, relieve pelvic pain, and increase vaginal sensation and tone.

The A.R.T. O-Shot® is a gentle and quick procedure that requires no downtime. Expect 40-60 minutes from start to finish.



LEARN THE A.R.T. OF A REGENERATIVE LIFESTYLE

At [Santa Fe Soul](#) Center for Regenerative Medicine, Dr. Benson offers an integrative approach that includes her pioneering program of Regenerative Medicine called [A.R.T.](#) (Amplified Regenerative Therapies).

To ensure that you thrive with healthy, youthful body achieved with the A.R.T. O-Shot[®], consider adopting a self-care lifestyle that includes a whole food diet, regular exercise, supplements, and self-love

affirmations, as well as the other therapies and health services we offer at [Santa Fe Soul](#) Center for Regenerative Medicine.

You will learn an abundance of information about how to live a Regenerative Lifestyle with Dr. Benson's *free* mini-course called "[The Benson Regenerative Protocol](#): A 7-Step Foundation to Renew Your Youthful Spark."

Discover Dr. Benson's signature programs *for men and women* when she gets you started with a customized [BioMarker Blueprint](#). If you are ready to *amplify, regenerate, and transform into a new you*, please contact Dr. Benson's office for a free consultation today at [505-986-1089](tel:505-986-1089).

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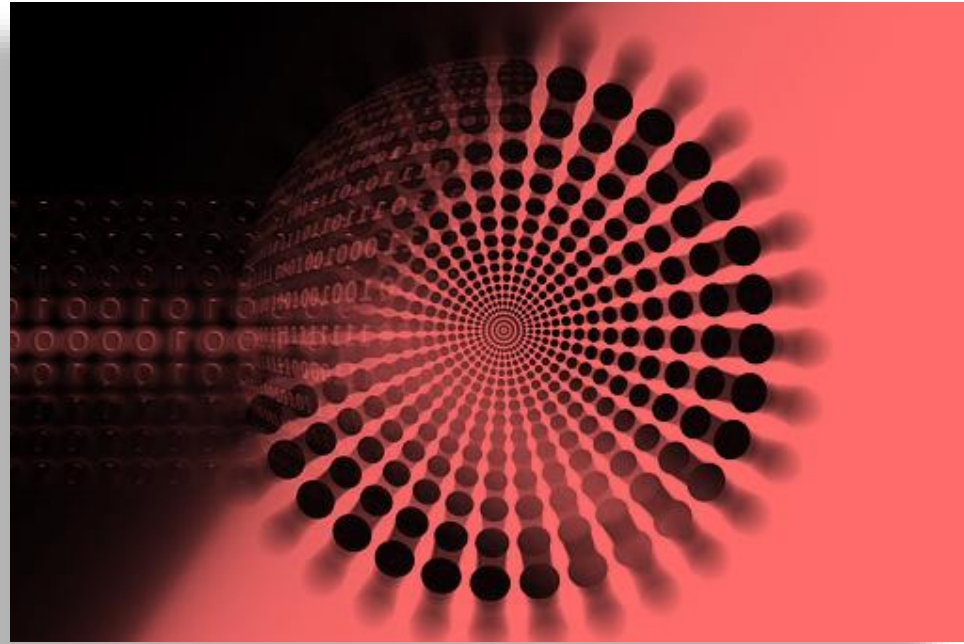
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10. Why Does Sex Hurt? <https://www.nhs.uk/chq/pages/974.aspx?categoryid=118>

11. Vulvar Pain: https://www.gstatic.com/healthricherkp/pdf/vulvar_pain.pdf





Resources:

The O-Shot®: Why Moms are Loving Orgasmic Injections:

<https://www.parents.com/parenting/relationships/sex-and-marriage-after-baby/o-shot-reviews-and-cost/>

Reverse Low Libido and Sexual Dysfunction with Platelet-Rich Plasma

<https://thebiostation.com/bioblog/reverse-low-libido-sexual-dysfunction-platelet-rich-plasma/>

YOUNGER with Dr. Robyn Benson: The A.R.T. and Science of Youthful Aging: <https://robynbenison.com/podcasts/>

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Women celebrate how their sexual spark has been ignited:

“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, Albuquerque, NM

“I had very little clitoral sensation before my O-Shot® and occasion incontinence. I just can’t believe the change. No more inconvenient leakage when I exercise and I have better sexual relations now than I have had a very long time. ”

—H.T.

“When I received my first O-Shot® I was blown away not to experience any pain at all. What has been most profound for me was the identification and treatment of scar tissue using my own PRP which was a result of giving birth to my second child. This has completely resolved the discomfort I have felt over the years. This is HUGE! ”

—Dr. Robyn Benson





It is Time to Experience Total Body Freedom!

Are you ready to look and feel ten years younger? You can start growing younger naturally with Dr. Benson's [A.R.T.](#) (Amplified Regenerative Therapies).

Reset the healthy foundation of your body by identifying your food allergies and/or sensitivities and hormonal status and by finding what is deficient in your body. This process is discovered by taking Dr. Benson's [BioMarker Blueprint Test Kit](#).

With those results, the team designs a plan that optimizes your body, brain, and sexual wellness. A personalized VIP Day at [Santa Fe Soul Center for Regenerative Medicine](#) can give you a physical boost to jumpstart the next chapter in your life.

To secure a time to speak with a Regenerative Specialist, go to DestinationRegenerate.com/book and start growing younger naturally!