Truth or Fiction?

- The ancient Romans were so obsessed with offensive odors that they perfumed their horses.
- The menstrual cycles of women who live together tend to become synchronized.
- The primary erogenous zone is the brain.
- Strippers earn higher tips when they are ovulating.
- Spanish fly will not turn your date on, but it may cure his/her warts.
- Electrical stimulation of certain areas in the human brain can yield sensations similar to those of sexual pleasure and gratification.
- Normal men produce estrogen, and normal women produce androgens.
Written descriptions of men’s and women’s experiences during orgasm cannot be differentiated.

Orgasms attained through sexual intercourse are more intense than those attained through masturbation.
What turns you on? Sight of your lover undressing, a photo of your “celebrity crush”, a scent of perfume/cologne or a sip of wine?

Sexual fantasies?

People vary greatly in the cues that excite them sexually and in the frequency with which they experience sexual thoughts and feelings.
Pheromones: chemical substances secreted externally by certain animals, which convey information to, or produce specific responses in, other members of the same species.
- Visual cues can be sexual turn-ons.
- Lingerie enhances women’s sex appeal by strategically concealing and revealing body parts.
- Men appear to be more responsive to visual stimuli than women, although women are also clearly attuned to appealing eyefuls.
According to evolutionary psychologists, males and females are more attracted to one another when the woman is ovulating, capable of conceiving a child.

One study found that women tend to dress or ornament themselves in more appealing ways when they are in the fertile phase of their ovulatory cycle.
According to the research, 42 judges selected photos of women as “trying to look more attractive” in their fertile phase (59.5%) as compared with their luteal phase (40.5%).

Other research shows that man’s “mate-retention efforts” increase as their partners are approaching ovulation and perhaps the men perceive subtle changes in their partners’ appearance.
Science has endorsed what lingerie companies have known for centuries—that women seeking male interest might do well to clothe themselves in red.

Research shows that men are more likely to consider a woman dressed in red as more sexually desirable and attractive.
Women, interestingly, also find men dressed in red to be more attractive, although men are less likely to wear this color.

Some couples find it arousing to observe themselves making love in an overhead mirror or on videotape.

Some people find sexually explicit movies arousing.
Although both males and females can be sexually aroused by visually mediated erotica, men are more interested in them.
Odors can be powerful sexual turn ons or turn offs.

Perfume companies, for example, bottle fragrances purported to be sexually arousing.

According to Boston Women’s Health Book Collective, westerners prefer their lovers to be clean and fresh smelling.
People in the United States have learned to remove or mask odors by the use of soaps, deodorants, and perfumes or colognes.

The ancient Egyptians invented scented bathing to rid themselves of offensive odors.

The ancient Romans of the upper classes also had a passion for perfume, they would bathe in fragrances and even dab their horses and household pets.
In one study, women exposed to underarm secretions from other women, which contain steroids that may function as pheromones, showed converging shifts in their menstrual cycles.

Similar synchronization of menstrual cycles has also been observed among women who share dormitory rooms.
Another study found that 80% of the women who dabbed their upper lips with an extract of perspiration from other women began to menstruate in sync with the cycles of the donors after three menstrual cycles.

A control group of women who dabbed their lips with alcohol showed no changes in their menstrual cycles.
It is true that the menstrual cycles of women who live together tend to become synchronized as long as the women’s cycles are not being regulated by birth control pills.
Research has found that heterosexual males and females and lesbians preferred underarm odors taken from heterosexual males over those taken from gay males.

Gay males preferred underarm odors taken from other gay males.

Heterosexual males and females and lesbians aged 25 and above preferred axillary odors taken from lesbians to those from gay males.
- When axillary odors of heterosexual females were compared to those of lesbians, all groups except for heterosexual males preferred the odors from heterosexual females.

- Heterosexual males preferred the odor from lesbians over the odors taken from gay male donors.
The research suggest that the data shows that gay males and lesbians may produce underarm odors that can be distinguished from those of heterosexuals.
The sense of touch has the most effects on sexual arousal and response.

Erogenous zones are parts of the body that are especially sensitive to tactile sexual simulation—such as strokes and other caresses.

Primary erogenous zones are erotically sensitive because they are richly endowed with nerve endings.
Secondary erogenous zones are parts of the body that become erotically sensitized through experience.

Primary erogenous zones include the genitals, inner thighs, perineum, buttocks, anus, breasts (esp. nipples), ears (earlobes), mouth, lips, tongue, neck, navel and armpits.
Preferences vary between what will bring about a favorable reaction.

Secondary erogenous zones become eroticized through association with sexual stimulation...for example: a woman might become sexually aroused when her lover gently caresses her shoulders because such caresses have been incorporated into the couple’s lovemaking.
Some women have reported orgasming when the smalls of their back are rubbed.

People are also highly responsive to images and fantasies.

The brain is sometimes referred to as the primary sexual organ or erogenous zone.
Some women reported reaching orgasm through fantasy alone to interviewers in the Kinsey studies.

Men regularly experience erection and nocturnal emissions “wet dreams” without direct stimulation of the genitals.
Taste appears to play a minor role in sexual arousal and response.

Some people are sexually arouse by the taste of genital secretions, vaginal secretions or seminal fluids.
Hearing also provides an important medium for sexual arousal and response.

Sounds can be turn ons or turn offs.

The sound of one’s lover, whether whispers, indications of pleasure, or animated sounds that may attend orgasm, may be arousing during the heat of passion.
For some people, key words or vocal intonations may become as arousing as direct stimulation of the erogenous zone.

Many people are aroused when their lovers “talk dirty”

Music can contribute to sexual arousal. Music can relax us and put us in the mood.