

How Tantric Sex Can Help Your Sex Life

If you don't know about tantric sex, let this article be your guide for a better orgasm. Tantric sex was born in India over 6,000 years ago as a rebellious answer to religion that preached the rejection of sexuality as a way to reach enlightenment. In recent years, it has reached the United States as a means for increased sexual intimacy. This art that allows you and your partner to reach a harmonious climax for extended periods without having traditional intercourse right away. Think of tantric sex like a slow cooker. Now, don't get the wrong idea; intercourse will come soon enough! The practice of Tantra was created to provide you and your partner with intense sexual ecstasy while experiencing a deep connection and sexual energy.

New Found Excitement

Tantric sex is great for couples and can increase your sex life by changing the way you reach pleasure. Instead of the recreation of sex for orgasm, this practice involves more emotion and consciousness of each other's bodies. If you have a problem with you or your partner getting to their 'happy place' too quickly, tantric sex is great for delaying gratification. Remember, in tantric sex delay does not mean denial.

This form of sex also puts your partner at ease and more relaxed because this form of sexual intimacy doesn't rush to intercourse. Learning more about tantric sex can be found in book form or the Internet. If there's no time to do research, here are a few tips to reach your full potential via tantric sex –

- Begin semi-clothed. This will make the experience last a lot longer with you imagining what you want to do to your partner.
- Set the atmosphere with candles or dim lights and soft music (try tantric music).
- Begin by sitting, laying next to or on top of each other.
- Look into each other's eyes and breathe in and out while sitting close to each other. Do this without talking.
- Stimulate your partner with a sexy dance, food or a sweet perfume.
- Focus on your partner's sexual desires, rather than thinking of your own.
- Try reflexology on each other to ignite your senses. Use all five senses to arouse each other.
- When you feel like you can't take it anymore, ask your partner to make love to you. Keep the 'togetherness' going by becoming one with your partner's breathing.

The next time you want to try something different in bed, try tantric sex. It's not for hippies, nor does it involve you imitating a mime with your partner. It's a great option for couples who want to take their lovemaking to the next level. Once you have mastered some of the tantric techniques, soon after you will begin to use them in your regular lovemaking. Some couples have even had full-body orgasmic sex just by trying a few tantric methods. Remember the purpose of tantric sex is to bring the two of you closer intimately and to slowly discover each other's hot spots. It's more of an emotional and spiritual connection than a physical one. So, get some rest, because it's going to be a long night.

Keyword: Tantric sex

Diabetes and Pregnancy

Pregnancy is normally a great time in a woman's life. However, women afflicted with diabetes during pregnancy have a greater risk of complications than another pregnant woman would. The key for pregnant women with diabetes is to keep blood glucose levels in a relatively healthy range during their term. To accomplish this, pregnant women with diabetes need a diabetes management plan with a physician trained to care for women with diabetes during pregnancy.

Before Pregnancy

According to research released this year, the rates of pregnant women with diabetes has soared. Pregnant women with diabetes cross all color and age lines. Women with diabetes during pregnancy are usually high-risk because of the complications. Education is best for pregnant women with diabetes and those who formed diabetes during pregnancy. Caring for pregnant women with diabetes is challenging but manageable. There are two types of pregnant women with diabetes – one with pre-existing diabetes during pregnancy and a woman who forms gestational diabetes during pregnancy.

The earlier a woman realizes that she is pregnant, the sooner a plan can be implemented. Pre-conception care for women with diabetes involves well-maintained blood glucose levels, discussions with a physician about a multi-vitamin (especially folic acid) and often a change in the type of medication used.

Diabetes during pregnancy can cause risks like birth defects, stillbirth and miscarriage if proper care is not established. Pregnant women with diabetes are not usually aware that they are pregnant for several weeks. During that time, rising glucose levels could damage the baby's organs with the excess sugar resulting in a large baby.

During Pregnancy

In order to have a successful pregnancy, pregnant women with diabetes should rely on a team of experienced medical professionals who can answer any questions that present themselves. Pregnant women with diabetes need a well trained physician, obstetrician, pediatrician and registered dietician to help manage the diabetes during pregnancy. Pregnant women with diabetes should not diet, but rather consult with a dietician to manage weight. For pregnant women with diabetes who are active, again consult a specialist who works with pregnant women with diabetes. Likely they will establish guidelines that keep you healthy, control your blood glucose and are good for the baby. Great exercises for pregnant women with diabetes are water aerobics, swimming and walking.

Most women who are pregnant are screened for gestational diabetes, which can occur between their 24th and 28th week of pregnancy and is temporary diabetes during pregnancy. Ketone testing is common for those with Type 1 diabetes during pregnancy. Ketones – chemical compound bi-product of rapid fatty-acid breakdown – are formed during complicated diabetic pregnancies when the body burns fat for energy when you aren't eating enough. Since glucose isn't breaking down, fat is and ketones form in the

blood and urine causing severe illness. Some symptoms include dry mouth, loss of appetite, flushed skin, fatigue, increase urination or thirst and stomach pain.

For those with Type 1 diabetes during pregnancy, insulin treatment plans will change. As the baby grows the need for insulin increases, so needs for insulin will change for those with diabetes during pregnancy. For women with Type 2 diabetes during pregnancy, you will likely no longer be able to take diabetes pill and will probably be switched to insulin.

After Delivery

If no problems occur for pregnant women with diabetes, congratulations! For those with diabetes during pregnancy, blood glucose during pregnancy could have caused the baby's pancreas to make extra insulin. It would be difficult for the baby to abruptly stop producing insulin once delivered, so the baby needs to be monitored. Labor delivery for pregnant women with diabetes varies and will be determined as delivery approaches. In some cases, women with diabetes during pregnancy have better glucose control, while others will not need insulin for up to 3 days after delivery. If breastfeeding is an option, blood glucose levels may be hard to predict for women who had diabetes during pregnancy. More serious is when glucose levels are low for those who had diabetes during pregnancy. For previously pregnant women with diabetes who want to breastfeed, a snack, increased fluids and consultations with a healthcare professional will help adjust your diet.

Jaundice is another risk to monitor for women who suffered with diabetes during pregnancy. This condition is a build-up of old red blood cells that the body is not able to process quickly enough.

Pregnant women with diabetes have a great chance to have a healthy baby and trouble-free pregnancy if proper medical care is attended to. Expecting a baby is an exciting time for pregnant women with diabetes or for those who formed diabetes during pregnancy. Diabetes during pregnancy does not have to be looked down upon. Pregnant women with diabetes need extra care. To ensure protection for mom and baby, pregnant women with diabetes, need to take extra precautions for their blood glucose levels, diet and exercise to monitor diabetes during pregnancy.

Keywords: pregnant women with diabetes, diabetes during pregnancy

SEO Technology

Webmasters are immersed in the web design and development industry, and the term search engine optimization (SEO) is probably tossed around a lot. This article is designed to elaborate more about SEO technology and how to build more search engine optimization.

Search engine optimization is the term used in technology to define the process in which your website reaches the top of a search engine results query. A brief background of search engines and the Internet show that early engines like InfoSeek, Lycos and AltaVista relied upon software, also called robots or spiders, to seek the content of websites, then report the findings to the search engine database. The results were then ranked according to certain aspects of the database and then listed in order. Problems with this method increased as webmasters used more complicated HTML and JavaScript. Google's robot is a great example of a search engine that kept up with SEO technology and embraced a full understanding of intricate code. Thus, as technical changes occurred on a website, rank improved.

Why It's Important

Mostly everyone has a website nowadays and hopes that theirs will be among the top ranking search results when a search is performed. SEO technology and optimization is vital to an e-commerce website especially, as visitors will not be aware of your products online if they cannot locate your information via a search engine. Webmasters have the task of being an expert in SEO technology and search engine optimization. The amount of attention SEO technology has garnered in the last several years is a testament to its importance and strength in search engines. The failure of SEO technology and search engine optimization can suck the revenue and reputation from an online business by poor execution.

Webmasters are responsible for seeking the best technology for broad search engine optimization and continued management and development. SEO technology analyzes the number of hits to the website, its effectiveness and visibility. In the 1990's, some webmasters were inflating the keywords of websites in order for the websites to rank well. After several advances in technology, banning of SEO companies and SEO conferences, it is now easier for webmasters to properly position their websites using SEO technology and search engine optimization guidelines.

Getting Ranked

There are a number of ways to monitor and improve search engine optimization. To help webmasters filter through search engine optimization, Google has developed guidelines and assistance via a program called Sitemaps. This program helps webmasters diagnose problems and provides detailed reports on visibility.

The search engine optimization tool Alexa is a little known secret in the search engine optimization world. The company who developed this toolbar, Alexa Internet, Inc., is a division of Amazon.com. Alexa is a tool used to rank website traffic against others on the Internet. While other cases of ranking favor higher numbers, it's favorable to have a low Alexa ranking. The lower the number the more hits, or visits, the website has received. The rankings are based on visits of its Alexa Toolbar for Internet Explorer, Mozilla Firefox and Netscape.

There are ongoing search engine optimization disputes about rankings and increasing rankings for specific websites. What is known is search engines spider, or crawl, web pages, not websites. Each page counts in terms of quality content, solid linking and well-constructed navigation. These factors will ultimately increase page ranking.

As you may gather, website ranking and search engine optimization is taken very seriously in the SEO technology industry. Ranking correlates to exposure, sales and symbolism. Web designers have moved beyond flooding HTML meta tags with keywords to garner visibility. Search engine optimization is a carefully designed component of SEO technology that involves research, effort and accurate indexing. Proper implementation proves that to be effective if it is taken seriously.

Keywords: SEO technology, search engine optimization

Quick and Easy Weight Loss Tips

Maintaining a healthy weight is a struggle for most people. There's no simple quick and easy weight loss method. So, it's no surprise that every year, most of you adopt a New Years resolution to get in better shape and lose weight. Well, here are a few quick and easy weight loss tips to get you going through the new year:

1. Read Labels

To make a quick and easy weight loss plan effective you have to start at your point of purchase. Shop smarter and read the labels. Even while dining out, some restaurants have begun to list the nutritional value of each meal. Stay away from processed foods that are high in calories, fat and sugar. It's ok to treat yourself every now and then, but for a quick and easy weight loss plan to work those foods are best in moderation.

2. Cut Calories

A quick and easy weight loss plan is not quick and easy if your caloric intake is too high. Some reports say that one pound of weight equals 3500 calories! If you're not sure what your intake should be, try www.mypyramidtracker.gov. Most health websites have a chart that will allow you to type in your height, sex and weight to determine your intake. Or you can keep a diary of foods you eat to track your intake while on your quick and easy weight loss plan. Tracking calories is essential for a quick and easy weight loss plan to work. After you know how much you're supposed to consume, plan a shopping list with a menu of a balanced diet. Calories for a quick and easy weight loss program don't just come in the form of food you eat. You must drink fewer calories. Fruit drinks, soda and sports drinks are high in sugar and calories. Water is always best. Look for alternatives to the unhealthy foods like use, and don't shop on an empty stomach!

A quick and easy weight loss plan needs healthy meals. Ideas for healthy meals while on a quick and easy weight loss plan can be found online, television or at your local bookstore or library. Fish and chicken are low in fat, so those make great selections. For breakfast, try oatmeal, fresh fruit, or a low-sugar, high-fiber cereal. Always eat breakfast! It increases your rest metabolic rate and makes you less prone to snack before lunch.

3. Drink More Water

When you're on a plan for quick and easy weight loss, you have to drink more water. Drinking more water helps decrease your cravings. Water is important when you want to lose weight quick because it acts as a hunger suppressant by filling you up. It also helps your body burn off stored fat by helping the kidneys remove waste. In addition, drinking ice cold water burns about 62 calories a day because your body has to work to raise the temperature to your body's temperature. Spread the recommended 8 to 10 glasses of water throughout the day and replace your sugary drinks with it. If you're dehydrated, your body will retain water in the wrong places. So, drink up to your quick and easy weight loss plan!

4. Control Your Portions

While most restaurants are trying to change portion sizes, most still have not. It's up to you to have a bit of self-control. After all, you are on this quick and easy weight loss plan. You must practice eating what is "normal" when you're aiming for a quick and easy weight loss. Normal is relative while on a quick and easy weight loss plan. Learn the recommended serving size and put it to use when you eat a meal. Don't skip a meal either. This confuses your body and kicks it into starvation mode, which retains your fat to save itself. In addition, when you do skip a meal, you are more likely to overeat when you do finally chow down. Another tip for your quick and easy weight loss plan is to control portions when it comes to snacking. Rice cakes and dried fruit are healthy, but not the entire bag in one sitting. These minimal changes will help your long-term quick and easy weight loss results.

5. Eat Regularly

So far you've learned to check labels, cut calories, drink more water and control your portion sizes to have a quick and easy weight loss plan. Now, you just have to eat regularly throughout the day. Eating lots of small meals gives your body the fuel that it needs to get through the day and you will likely never feel hungry, which helps your portion control! Cheers to your quick and easy weight loss goals.

6. Get Moving

You knew it was coming. You can't lose weight or even attempt a quick and easy weight loss plan without exercise. Even if you didn't want to lose weight, working out is great for your entire body and spirit. This tip is crucial for a quick and easy weight loss plan. You don't have to join a gym to get your heart rate up. Brisk walking, climbing steps or cleaning your house will help you burn calories. In a quick and easy weight loss strategy, you can choose to burn the calories you eat or decrease your overall caloric intake. Either is a great strategy, but exercise should be included in order to lose weight. Weight training is great in building muscle and raise metabolism. Because muscles need calories to maintain it, pumping some iron will help you burn calories even at rest. That's why some people don't lose weight after exercise classes. Your metabolic rate drops after you stop. If you build muscle, you keep your body moving. Be sure to get proper sleep, as lack of sleep impairs your ability to lose fat. Your quick and easy weight loss results are just around the corner!

Keyword phrase: Quick and easy weight loss

Dirty Dancing

Nobody puts Baby in a corner! And nobody better miss *Dirty Dancing*! In 1987, the film world got a bit dirtier. The romance film *Dirty Dancing* shimmied and danced its way into the hearts and feet of filmgoers. With a low budget and unknown stars at the time, *Dirty Dancing* went on to earn a remarkable \$300 million worldwide. Further, *Dirty Dancing* was the first movie to sell more than one million copies on home video. The *Dirty Dancing* soundtrack even generated two multi-platinum albums and a host of number of singles.

The Dancing Begins

The 1987 movie starred Patrick Swayze, Jennifer Grey, Cynthia Rhodes and Jerry Orbach. *Dirty Dancing* tells the story of Frances ‘Baby’ Houseman. She’s a 17-year-old New Yorker who is vacationing with her wealthy Jewish family at a Jewish resort in the Catskill Mountains in the summer of 1963. Her physician father is the personal doctor to the resort’s owner. Baby soon develops a crush on the resort’s dance teacher Johnny Castle, and he invites her to a party hosted by the resort’s entertainment staff. Baby’s first taste of this ‘dirty dancing’ is revealed at that time. After Johnny’s dance partner, Penny, becomes pregnant by Baby’s sister’s boyfriend, Robbie, she decides to abort the baby. In the meantime, Baby fills-in for her, all the while getting closer to him.

During their first dance performance, Johnny attempts to break Baby out of her shell and tries to lift her high in the air. But Baby is scared of trusting Johnny and nervous. Regardless of the missed lift, the performance goes remarkably well. They soon find out that Penny’s abortion was botched, and she is now in excruciating pain. Baby’s father examines her and assumes that the baby is Johnny’s, so he forbids his daughter to see him any longer. Eventually, the resort management finds out about the affair Johnny is having with Baby, a guest. He’s framed for being a thief, but Baby comes to his rescue and confesses that in the night in question, they were together in his cabin. Johnny is cleared from the allegation, but fired from the resort.

The climatic scene comes when Johnny returns to the resort for his final dance performance of the season. He pulls Baby from her parent’s table and utters *Dirty Dancing*’s most famous line – “nobody puts Baby in a corner.” Then the most monumental dance scene in *Dirty Dancing* happens when Johnny lifts Baby in the air and everyone cheers and dances together.

Dirty Dancing is more than just a physical dance performance. The ‘dirty dancing’ is illustrated in the affair between Johnny and Baby, Johnny and Penny and Penny and Robbie, the guy who impregnated her. The dance scenes of *Dirty Dancing* were choreographed by now the now famous, Kenny Ortega (*High School Musical*). The movie is easy to follow and details Baby’s evolvment from teenager to woman during her family summer vacation. The lift in the finale scene of *Dirty Dancing* symbolized Baby’s physical and emotional lift and her journey to a new place. In the entire movie, Baby was subjected to unfamiliar tests like the dirty dancing party, the crush with

Johnny, defying her dad and dancing in front of her parents. Overall, *Dirty Dancing* is a relatable coming-of-age movie that translates well into a stage performance.

Baby on Broadway

After the success of *Dirty Dancing* on film, *Dirty Dancing* is now on Broadway. It even spawned a 2004 prequel called *Dirty Dancing, Havana Nights*. Also in 2004, a musical began showing in Australia to mixed reviews, but over 200,000 tickets were sold. *Dirty Dancing* continued to thrill audiences in Germany and London in 2006. The London production will run through April 2009. *Dirty Dancing* also broke box office records in Toronto, Canada for its debut in May 2007. The Windy City has also gotten the 'dirty' treatment. *Dirty Dancing* began production in Chicago October 19, 2008 and will run through January 17, 2009. Boston follows Chicago with tour dates set for February 7 through March 15, 2009.

Dirty Dancing is an exciting, captivating musical production not too far removed from the film's success and delivery. Don't miss out on this 'dirty' experience!

Keyword phrase: Dirty Dancing

St. Patrick's Day Party

The luck of the Irish reigns over St. Patrick's Day. Nowadays it doesn't matter if you are Irish or not. Ireland's national holiday travels internationally when March 17 rolls around. Major cities like New York City, Philadelphia, Las Vegas and Montreal host elaborate parades in honor of the holiday. Chicago even dyes the Chicago River green in celebration. So, whether you decide to host a party yourself or visit an Irish pub, green is the color of choice. Friends and family can enjoy the festivities with a wide variety of green food, traditional Irish drinks and of course, green clothing.

If you're a novice at planning a St. Patrick's Day party, here are a few tips – have plenty of food, drinks and make it fun!

Drink Ideas – Nothing says Happy St. Patrick's Day like a great Irish beverage. Try Guinness, Irish Stout, Irish Cream, Irish Whiskey or Irish Coffee. Better yet, make your own Irish drink specials using Bailey's Irish Cream or Wild Irish Rose. Guests will love a take home gift in the form of a St. Pat's Bead Necklace with Shot Glass. For extra fun, wear a Beer Garden Girl Adult Costume or dress Fido up in a Leprechaun Pet Costume.

Food Ideas – After all of those full-bodied Irish drinks, nothing says Irish like a big plate of corned beef and cabbage to accompany them. For bigger crowds, perhaps a baked potato bar with all of the fixins', a pot of lamb stew, shepherd's pie, rabbit, potato soup or Irish soda bread. Other favorites are Irish beef in Guinness, Dublin Lawyer (lobster), baked stuffed herring, kale with cream or smoked cod pie. Adult desserts with a bit of alcohol might include Guinness cake, Bailey's chocolate mousse or Irish Whiskey pie!

If children are involved, they will love a table of green treats just for them. They might enjoy green M&Ms or jellybeans, green fruit drinks, shamrock cookies or green Jell-O cups. Other ideas are guacamole and green salsa with chips or Irish oatmeal cookies.

Why not serve all of that delicious food and drink in green cups and plates to add to the theme? For dessert, try a shamrock shaped cake, green cupcakes, Irish scones or pistachio pudding.

Decoration Ideas – Forget the plain green balloons and napkins. Kick your party up a notch with a sprinkling of plastic gold coins on tables and bar tops, a St. Patrick's shamrock wreath on the door or shamrock confetti. For sexier parties, why not amuse the crowd with adult Green Clover Print Thigh Highs or a Good Luck Charm Sexy Adult Costume? Your guests will be impressed by the variety of greened-theme decorations including "Kiss me, I'm Irish" buttons, cutouts of shamrocks, Leprechaun hats and 'Pot O' Gold' standees.

For parties big or small, St. Patrick's Day should be celebrated in a big way. A little money and creativity go a long way if planned. After all of that 'green' fun, send your guests home with a few favors. A baggie with a lottery ticket, chocolate gold foil coins and a green energy drink is a great ending to a fun and fabulous party!

Keyword: St. Patrick's Day