



Josey Vogels'

True Romance

MYTHBUSTING

TOP FIVE MYTHS ABOUT REGAINING THAT PASSION

WORDS *Kathy Buckworth*

Love is in the air – or at least in the airwaves. Valentine's Day is prime time for the media to bombard couples with messages on how to "Rekindle the Flame". But how much of what we hear and read is really true?

Josey Vogels, nationally syndicated sex columnist and host of CBC Radio's "Between You and Me", knows all about the myths and theories promising a quick fix for a stagnant relationship. She helps us sort through the top five, and gives some insight on whether they're true or not.

Myth #1: Men are always in the mood. It's the women who have to step up to the plate.

Not true. According to Ellen Starr, a marital and sexual therapist at the Canadian Men's Clinic in Toronto, it isn't just women who watch their libidos take a nosedive. "It is often the man who's experiencing decreased sexual desire," she says. Vogels concurs: "I get lots of letters from women complaining they are more into sex than he is but because we perpetuate this myth that all guys want it 24/7, they're less likely to talk about it, and as a culture we don't really address lack of male desire, yet we created a syndrome for it in women in the form of Female Sexual Dysfunction." Exhaustion, stress, time demands are amongst the factors that can affect the male libido just as much as the female one. Men have the added pressure of not wanting to admit that they are not "ready" all the time.

Myth #2: Buy some sexy lingerie or sex toys/games - that'll set things straight.

Yes... and no. Vogels says, "While toys and sexy outfits can be fun, these usually only work if there's already a decent sexual relationship. Thinking you can buy a toy to fix your sex life is naive. If the communication and connection isn't already there, you need to address that first." Visiting a lingerie or sex boutique as a couple can be a great way to make sure you are communicating and connecting on where to take your relationship. (Check out the sidebar on some ideas to get you started.)

Myth #3: Scheduling time for romance is the only way to make things work.

Again, yes and no. Time is always at a minimum, so without making a commitment to spending time with each other, it may not happen. But there needs to be more. "I do think it's important to make time for your relationship but if it starts to feel like another item on the to-do list, this can make it more stressful and create resentment - 1. Do laundry, 2. Pick up dry cleaning, 3. Have sex with that guy who's always leaving his socks around the house, etc. Rather than turn it into another to-do, make a point of connecting in tiny ways every day, compliment each other at least once, stop and look at each other in the eye and smile at each other, run her a bath, little things that remind you that you like each other", stresses Vogels.

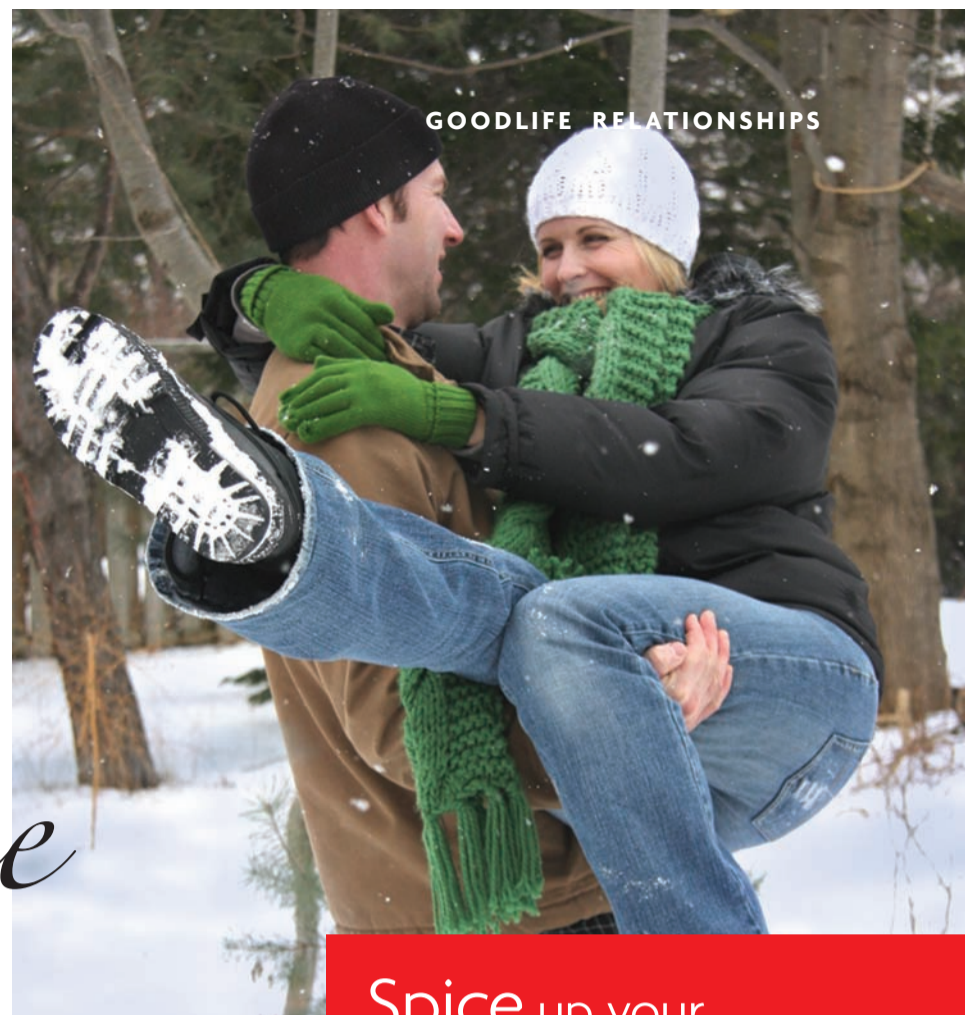
Myth #4: It's natural for a relationship to go through sexual highs and lows.

True. The excitement of a new relationship is tough to recreate in your day-to-day lives. When combined with extra stresses such as work and children, it would be unusual for a relationship not to change... but hopefully it will evolve in a positive way. "What's important is that you make a point of staying connected in other ways when one of you or both of you aren't feeling sexy," Vogels advises.

Myth #5: Getting away from it all can help to respark a relationship.

True... if the foundation is there. Vogels confirms, "I'm mixed on this one. I think getting away can be great but if there are more serious problems in a relationship, sometimes getting away together in hopes it will fix everything can create unrealistic expectations and set you up for failure. Nothing like the two of you in a hotel room with no children to distract you to amplify everything that's wrong in your relationship."

The key to getting things started and keeping it going? Communication. Talk is not always cheap, so make the time to reconnect and then (hopefully) let nature take its course. Make Valentine's the first day of the rest of your rekindled lives. For more information and insight, visit Josey at www.joseyvogels.com. **GOODLIFE**



Spice up your Valentine's Day with these Gift Ideas

Looking for ideas on how to spice things up on Valentine's Day? Vicky Gaul, owner/operator of *The Birds and The Bees* (56A Lakeshore Rd E., Port Credit, www.thebirdsandbees.com) has a full range of lingerie, toys, costumes, lubricants, and more. The shop also offers workshops – visit the website for more details.

Gaul offers the following helpful hints:

Dress Up Time: The latest in lacy lingerie. Try this corset with a pink scroll pattern fabric on one side and black satin on the other. The corset has hook and eye front, lace-up back, removable garters, black stockings and matching thong.



Fun & Games: Start off the night in a playful mood, with a game such as Sex Casino. Who will win? Who cares? Nobody loses.

Toys, toys, toys: As the mood gets hotter, try something a little saucier like the Jack Rabbit, Diving Dolphin, or the Wee Vibe.