

If I am so in

LOVE

why don't I want to be

Intimate?

dp

DANA PALMER

confidence | weight loss | intimacy

Hey there!

Are you one of the many that is in love, but not craving intimacy?

You are not alone!

This is something that is far too familiar to many women. I have given you some ideas to get started.

Give some or all of them a try! Be excited!

See what happens.

Let me know how it goes and if you need any help in the process!

Have a great day!

Dana

Balance your Hormones

Ever feel any of these?

Heavy irregular periods

Brain fog

Lack of energy

Easily irritated for no reason

Can't lose weight

Weight gain around the belly

Indigestion

Difficulty sleeping

Night sweats

No interest in intimacy

And many more!!!!

If you are experiencing any of the above, you are not alone, 80% of women suffer from hormonal imbalance and are not quite sure what to do.

You have come to the right place.

There is so much to balancing hormones, but I am going to make it pretty simple here.

The two biggest items that cause hormonal imbalance is ***SUGAR and FLOUR.***

Since both are a condensed version of the food (basically a drug, that is how drugs are made) they cause a **dopamine** (the feel-good hormone) rise in your blood, every time you eat them.

The more often you eat sugar and flour, the more **desensitized** your body becomes and the more your body needs you to eat in order to get the same **dopamine hit**.

Yes, you read that right, just like a drug, your body wants more and more to get the same fix.

Insulin also increases in your blood every time you eat flour or sugar as well. When you have insulin in your blood, there are a few other hormones that get thrown off, ghrelin and leptin.

- **Ghrelin**– the **hunger hormone**. It increases appetite and plays a role in body weight. It lets you know you are hungry. When insulin is in the blood it is too and lets you know how hungry you are. Ever have times you can't get full?
- **Leptin**– The **appetite suppressor hormone**. This one turns on fat burning as well. It doesn't work when insulin is in the blood. So, if you always have insulin in your blood, your body never gets to use your fat store.

The unfortunate thing is, since all hormones are so closely connected, once one hormone gets thrown off, many others do as well.

So, in simple terms..... ***CUT OUT FLOUR AND SUGAR*** and you will begin to feel the difference as your body balances its hormones.

Pounds will start to fall off
brain fog disappears
restful sleep increase
night sweats subside
cravings decrease
patients begins to return
menstrual cycle regulates
PMS improves

...and many more symptoms you had no idea had anything to do with hormones 😊

All of this improvement will for sure ***increase*** your desire for intimacy. Give it a try.

Do you need some Help?

If it seems like your body could use a little help balancing itself out, maybe supplementation is the way to go.

The earth has been blessed with many natural supplements that can make a huge difference in how your body produces and uses hormones. This is a short list of the few that are most often used to balance hormones.

If you have anyone questions or concerns, make sure to talk with your health care provider.

Depending on what issues you are dealing with, here is a list of some of the most commonly used supplements.

- Evening Primrose Oil
- Ashwagandha
- Holy Basil
- Vitamin D
- Probiotic
- Bone Broth

There are quite a few more but be sure to not take these recommendations in place of medical supervision.

Take a Deep Breath

Meditation may not be your thing, but everyone can breathe!!

Many of the ancient medicine practices use meditation or deep breathing because of what it can do both long and short term for the body.

In order to improve your intimacy (you know how out of control our minds can be) you've got to quiet your mind. This allows our brain to detox from its negative thoughts or the burden of toxins.

Here are a few of its wonderful **benefits**.

Reduces inflammation

Increases Energy level

Improves blood flow

Decreases cortisol level

Improves posture

Stimulates digestion

Lowers Blood Pressure

Releases Endorphins

Relaxes muscles

If meditation is not something you are used to doing, there is a very simple way to add deep breathing into your day.

Every **2-3 hours** set a timer on your watch or phone. When it goes off, this will be your chance to take **10 deep breaths**.

Breath in.... imagine filling a balloon in your stomach.
Breath out...imagine the balloon deflating.

If you can do this, then you have just added a form of meditation into your day!

When that starts to seem easy, try a little longer in the morning or evening or pick a favorite app to use for guided meditation.

Watch the difference in your day!

Watch how this affects your relationship with your spouse!

This simple step is Good Stuff!

Be Present!

Do you know what that *really* looks like? When you first started dating, you listened to every word he said, watched every behavior, and just wanted to “be” with him.

You paid attention to all of the details! This is being **present**.

The “honeymoon” period ends when you **stop** being as present.

Life begins to get comfortable and you start to let your mind go on auto pilot, this is when the unconscious behaviors kick in (believe it or not, your mind is in the unconscious zone for most of the day).

Most of your *unconscious behaviors* you learned by the time you were seven and they were all from watching other people. Crazy, right?!

This is why you will often hear people, after being in a relationship for a while, say things like, “he wasn’t like that when we were dating.” Or “I didn’t see that behavior at all when we first got together.”

This is because when a person is **present**, your subconscious is *not* working, it is your *conscious*.

When you are using your conscious brain, you are **present!**
So, to be more present you need to be more aware!

Here are some suggestions to be more present in your relationship.

These may seem like silly things, but really, give these a try.

- Make eye contact when your husband speaks to you.
- Put your phone down when you are around each other.
- Listen! How is he really doing?
- What color is he wearing?
- Did he put cologne on today?
- What emotions do you see in his face?
- Does he look like he could use a word of encouragement?
- Does he need help with anything?
- Does he seem to be listening to you?
- Put your hand on him when he is speaking.
- Move a little closer so he knows you are listening.
- Rephrase what he said so he knows you are listening.
- Give him a kiss when the conversation is over.

Give them all a try, it can't hurt 😊

You make you Happy!

Have you ever tried to make someone happy? You most likely will find that nothing you do ever *really* makes them happy? You just can't seem to do it right?

Sound familiar?

The truth is, you can't make anyone else happy. You will never get it right. They have to make themselves happy.

Same goes for you. *You* have to make *you* happy! No one else is getting it right, so you do it yourself.

What is it you need to be happy? Make a list.

- Words of kindness?
- A clean house?
- Nice gifts?
- The trash taken out?
- A good movie?
- A listening ear?
- Time outdoors?

For each item on your list write down what you will do to fulfill that need. It is all you, no one else's responsibility.

It is way more fun because you will always get it right and you can make yourself happy in a way that really works.

Try it!

My Needs

How I am going to Fulfill

-
-
-
-
-

Be sure to let your husband know that is not his responsibility to make you happy anymore!

Watch his response as you take that burden off of him! He will be so thankful!

Let him be him and you be you!

When you fell in love, you fell in love with *him*. Everything he did and said!

As women, we have this wonderful maternal instinct that makes us great mothers, but the unfortunate thing is, we often let it creep into our marriage.

Remember, he is an *adult* and probably a pretty decent one!

What about treating him like an adult! Is that something you need to work on?

You don't want someone telling you how to do things, how to speak to the children, how to clean up, etc.

He doesn't either!

What if you let him do the dishes the way he wanted to do the dishes, dress the way he wants to, play with the kids the way he wants to, etc.?

This is a tough one, but as soon as you see yourself "mothering" him, quickly apologize.

It may throw him for a loop, but can you imagine how much differently he is going to begin to see you?

You get to be adults together! It is way more fun to show up in the world this way. Watch how you each change, even if **you** are the only one making this change. It's contagious!

Go back to being friends who love each other!

Divorce is a possibility!

When you think *divorce is a possibility*, it is amazing how your relationship will change. The *deceivingly safe* thought “divorce is not an option” doesn’t serve anyone.

I, you, all of us get way too comfortable and don’t work on our relationships like we should when we think that divorce is not an option.

Usually when one person in a relationship wants a divorce, the other person starts to step up their game to become a better partner so that they won’t follow through with the divorce.

What would you do differently if you thought divorce was an option?

Would you

Speak kinder, hold his hand a little more, write a note to say thanks for being you, listen intently when he speaks, look for new ways to serve him, wear an outfit he loves??

So just ask yourself if the current thought you have about divorce is really serving you or is it a scapegoat, making you think you are safe the way your relationship is right now?

What story are you telling?

Have you been in a situation where you have experienced the same event as someone else, but your stories are completely different? This is because of the *thoughts* you had before, after, and during the event.

Your thoughts must have been so different that you experienced something totally different.

The brain is amazing! When you think a thought, your brain will do whatever it can, to find evidence to prove that thought to be true (it hates being wrong).

If the thought serves you, then this is *great!*

If the thought does not serve you, then this is *bad!*

If I think “my husband is so creative,” my brain will search all day for ways to prove how creative my husband is.

If I think “man, he is so lazy,” my brain will search for all the ways to prove how lazy he is.

See how tricky this is? It all starts with the *thought* and then our amazing brain makes up this elaborate story just, so it doesn't have to be wrong.

So what story are you telling about your husband?

Is it a good one? Or could it use some editing?

Look closely at your thoughts. It is amazing how much control we give our thoughts and we don't have a clue we are doing it.

If it is too hard to change your thought to something positive (which it usually is very difficult for all of us) then just change it to something *neutral*.

Neutral is better than ***negative***!

Take the time to edit the story you are telling about your husband. See what happens!

Try editing the story you are telling about yourself as well!

No one likes a negative story!

A good story is much more enjoyable than a bad one!

Love is always and option

This one may bring some skepticism but stick with me.

Love, no matter what, is an option. No matter what someone has said or done to you, you get to choose if you are going to love them or not.

It is your choice, and it is always an option!

There are so many examples of people that have had horrible things done to them and they still chose to love the person in return.

If you are reading this, you are probably dealing with having unconditional love toward your spouse on some level.

So, what if you could love him *no matter* what he did or does? What would that look like? How would you *feel*?

What kind of person could you be if you loved him unconditionally?

This is a little bit of a tough one, but it makes a world of difference when you decide that you are going to *love no matter what*.

Find something that your husband does, or did that causes you a negative emotion. Make sure it is 100% a fact!

Ex: puts laundry beside the laundry basket.

Now think... what is the *thought* you have about him when he does that?

That thought you have is what is causing you to feel negatively, not his behavior. There is *no way* someone else can cause you to feel an emotion.

It is your choice, by *the thought you think about what he does.*

So, what if you chose to feel love no matter what he does from here on out?

How different would you respond or interact with him if you could take a minute when you are about to let your mind go to a negative place and just think "I sure love that man."

Sound cheesy! It's okay to be cheesy.

Just try this thought on and see if you can see a difference.

Get rid of your manual

Do you find yourself expecting certain behaviors of your husband and when he *doesn't do them*, you get mad or frustrated or even possibly *think he doesn't love you*.

Or are there certain behaviors he does that you expect and when he does them you think of how much he loves you.

Sound familiar? This means you have a manual for him!

A *manual* is a set of unspoken expectations you have for someone and your happiness depends on whether he or she meets those expectations or not.

What do you *expect* from your husband that you have never actually said to him?

Take the trash out, Say "I love you", plan the family trip, do the yard work..... and many others??

One of the best ways to drop the manual you have for someone else is to work on the manual you have for yourself first.

What do you expect of *yourself* that you never really realized?

Do you expect yourself to work out five days a week and then when you don't you get mad at yourself?

Make a list of the expectations you have of yourself.

Now pay attention this week to how good you are at meeting those expectations.

Do you love yourself less when you don't meet them?

Do you love yourself more when you do meet them?

Pay attention to what those same things in your marriage. If it needs to be discussed as a real expectation, then by all means do so, but be prepared for him to list some of his expectations for you.

But if you can see that this is something you have *written in "his" manual*, then maybe rethink it.

Try erasing as many expectations in the manual you have for him, as you can.

It is so amazing to watch what starts to happen between the two of you!