

How to make sex better!

Fit for the climax: An exercise device proves effective

Orgasm trainer. A synthetic insertion device helps achieve new heights in the realm of sexuality. Three women tested the device for WOMAN.



C.O.M.E. is available in pharmacies or at www.come.info for 49.00 Euro Dollars (includes lubricating gel and hygienic storage case).

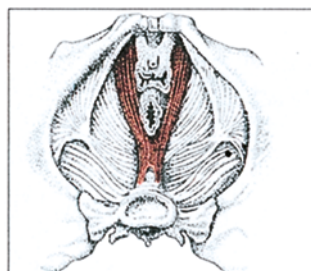
the principles of kinesiology. "If a muscle is to become stronger, it must overcome the appropriate elastic resistance", is how the Viennese sexual therapist Dr. Karl Stifter explains the secret of his discovery. The unusual form fits the vagina and female pelvic musculature perfectly in order to ensure effective contractions. The 7 cm long handle that remains outside during the training period confirms that the right muscle

is intended to be the new secret weapon against sexual frustration and lack of fulfillment: C.O.M.E. is the name of the eight centimeter long "synthetic insertion device"

which can help the love muscle achieve new sexual heights. WOMAN wanted to check it out, and asked three women to test C.O.M.E. (see photos at right).

The lusty result: All three are enthused. Hermine Mayer's (54) pelvic musculature was so weak when she began, that she had difficulty just completing the exercises: "It would just slide right out of me." But now after 6 weeks of regular training she raves about a "new feeling." "Now it's like clockwork. Having an orgasm is so much more intense." Anneliese Pichler-Puschenjak is also convinced: The 62 year old spiced up her sex life with her partner after exercising for just 5 weeks: "Now I can enjoy sex on a whole new level." And Sabine Traxler, 34, is happy with the progress she has made in just two weeks: "Having sex is definitely more fun."

The Trainer. Why C.O.M.E., short for "Clinical Orgasm Muscle Exerciser", is so unique: It functions according to



THE PC MUSCLE. The sexual muscle (shown in red) spans the rectum, vagina, and urethra (from bottom to top).



THE FOUNDER. Karl Stifter, Viennese sexual therapist and psychologist, developed C.O.M.E.

has been contracted and then relaxed. Proper training moves the handle similar to a butterfly fluttering its wings up and down. This biofeedback enables C.O.M.E. to work more effectively, according to the Viennese gynecologist Marion Rankine:

"The usual training methods require the subject to contract the muscle without knowing if it is the right one." This was also confirmed by the test groups: "The doctor simply told me I should press together. I pressed as much as possible, but was never contracting the right muscle", says Hermine Mayer. About 30 contractions a day are enough to strengthen the constitution of the pelvic floor musculature.

The pelvic muscle. The complicated muscle tissue found between the pubic bone, coccyx, and both pelvic bones (see diagram at left) provides support for the inner organs.

But exactly what does a developed



Sabine Traxler, 34

"I can help myself be able to achieve an orgasm through exercise."

More self-assurance. For the hotel employee and shiatsu practitioner, strong pelvic musculature means greater self-confidence. After three weeks she is convinced: "Sex is better now." It's not only about strengthening the pelvic floor musculature. "Men are relieved to a certain extent of the pressure of performance."

and healthy "PC muscle" (short for pubococcygeus) have to do with orgasmic flights of fancy? "Scientific research has shown that the probability of achieving an orgasm is tripled" according to Dr. Stifter. "The vagina increases significantly in size during a state of arousal. If the vaginal musculature is strong, it can envelope the penis more firmly. The G spot is more efficiently stimulated in this way."

But a strong PC muscle alone isn't



Hermine Mayer, 54

"I exercise every day. Either do it right, or not at all."

She's hooked. The entrepreneur and mother of one daughter can't keep her hands off of the device. "I feel a lot more now. The orgasm is much more intense." Her partner is also ecstatic about her success with exercising: "Now he tells me all the time how great I am in bed. I've become much more active."

enough to guarantee achieving an orgasm. Factors dealing with the psyche and the partner relationship are also important for a satisfying sex life. We're reminded by Dr. Stifter that "A woman can have the strongest PC muscle there is, but if the partner isn't right..."

Target group. The opposite is also true. Particularly after giving birth and during menopause the pelvic floor musculature becomes weakened. This is not only detrimental to the sex life. "It also increases the involuntary loss of urine", according to the gynecologist Dr. Rankine. "This has a negative effect on a person's self-confidence" confirms Ms. Pichler-Puschenjak: "You tend to feel very self-conscious."



Anneliese Pichler-Puschenjak, 62

"Finally, a device that can train the musculature."

Increased confidence. The Viennese mother of two daughters has been exercising for five weeks: "I have sex more often now, and it is a much more intense experience. It all comes from me, because I have more self-confidence." Her problems with incontinence have also notably improved.

Exercising with the device inserted helps here, too.

Dr. Rankine recommends exercising at the latest (for example when sneezing or jumping). This applies primarily to women who have given birth.

Everyday use. Poor posture or lack of exercise can also cause the pelvic floor musculature to become bent or crooked. Therefore, strive for good posture: a straight back, shoulders forward, and everything in alignment. The head should be facing forward. This is a simple way to help strengthen the pelvic floor musculature.