

Sex and Dr. Sonjia

Talking about sex is the first step to a healthy and happy sex life. Combining science, humor and real-life experiences, certified Sexologist Dr. Sonjia has increased the heat in Miami and is now spreading the love across the country with her best-selling book, *Sex in South Beach*, her enlightening sexual health shows, and her new line of natural sex products, all available on her web site www.drsonjia.com, truly earning her the title of America's Sex Educator.

The book: *Sex in South Beach*

Sex in South Beach is the best-selling book by Dr. Sonjia which helps people have easy, fun, and informed conversations that lead to better sex. Written to empower adults to speak up and remove taboos that limit sensual satisfaction, *Sex in South Beach* starts fun discussions about sex, relationships and staying healthy between the sheets and addresses everything from all-natural sex stimulants, swinging, reigniting passion, "sexercises", fetishes, and more.

The Shows: *The Weekly Sex Update & The Sex Show*

As the host of the Weekly Sex Update, Dr. Sonjia provides a brief and light-hearted overview of recent news, scientific breakthroughs, and funny facts dealing with sex. In The Sex Show, she is joined by other sexologists for in-depth, yet playful discussions about everyday sex issues. Both series can be found on her website and on her "Dr. Sonjia" youtube channel.

The products: *All-natural Supplements, Signature Fragrance, & Sex Sense Kits*

The popularity of *Sex in South Beach* combined with the lack of products scientifically proven to improve sexual functioning inspired Dr. Sonjia to create several all-natural sex products. Through her company, Dignified Health Solutions (DHS), Dr. Sonjia now offers Maca and L-Arginine, two natural supplements that enhance libido, desire, and sexual responses. In addition, DR. Sonjia spent over 2 years formulating her signature fragrance, SENSE, made from an essential oil blend that is proven to arouse sexual desire. Dr. Sonjia also offers a massage candle, *Sex Sense*, made from the same essential oils as the fragrance. In response to feedback from readers, Dr. Sonjia created the comprehensive *Sex Sense Kit*, which includes sights, sounds, smells, and tastes to stimulate the 5 senses and ignite passion in just 15 minutes.

The Education: *Getting Animated About Sex*

Let's face it – sex is kind of funny. It can make you blush, giggle and sometimes even squirm. Dr. Sonjia found the perfect way to broach sex in a comfortable and humorous way –through animated sex education videos. Answering frequently asked questions from her readers and patients about sex, sexuality and sexual health, Dr. Sonjia's quirky personality and true expertise are showcased in a fun and unique way. Get animated about sex at www.drsonjia.com.