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HEALTH & WELLNESS



The A to Z of Sex Thursday at 11 AM Pacific /2 PM Eastern

I explore the A to Z of Sex and everything in between. Learning your erotic A, B, C's is fun! Topics covered include arousal to bisexuality to BDSM to monogamy to polyamory. I uncover taboos and provide outside the box solutions to intimate issues. All genders, orientations and desires are welcome. My guests join me to explore all aspects of sex and relationships. We debunk myths, look at trends and set some trends of our own.

On the show I use a combination of special guests including experts and ordinary individuals with experience of the issues we discuss. Please call in to the Q a

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