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#### Sex with Jaiya Archives Available

**September 10th 2010: Sex During Menopause-  
How to Have the Best Sex of Your Life As  
Everything Changes**

Are you going through the "change"? Have hot flashes and hormonal changes upset your sexual life? No need for worry! Many women start having the best sex of their lives as they go through menopause. September is national menopause awareness month and my guests and I are going to give you some tips and techniques to help you have the best sex ever during this time. We'll share info on hormones, over-coming hot flashes, the best lubes, physical changes and more. Join us for fun sex education that works!



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#### Featured Guests



##### Barb DePree

Dr. Barb DePree is a women's health provider in West Michigan. She has been an OB/Gyn for more than 20 years and a menopause care specialist since 2006. Dr. Barb is also the founder of MiddlesexMD,

[Read more](#)

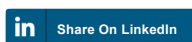


##### Ellen Barnard

Ellen Barnard MSSW is a sex educator and counselor, and the co-owner of A Woman's Touch Sexuality Resource Center ([www.sexualityresources.com](http://www.sexualityresources.com)).

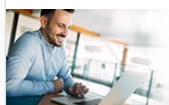
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