

# How to Have a Better Orgasm

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The female orgasm is an enticing topic, and without question, one that peaks every woman's interest. But weak orgasms or lack of orgasm, lower libido and lack of sexual [desire](#), especially during [menopause](#), can seemingly come out of nowhere, causing concern and frustration.

If you're suddenly finding it harder to achieve orgasm or have noticed your orgasm is weaker than it used to be, rest assured there's usually an explanation. Here's what you need to know about weak orgasms, and what you can do to orgasm better.

## What Happens in the Body During a Female Orgasm?

Before we talk about what causes weak female orgasms, let's talk about what happens when women orgasm, in general. If you ask Google, an orgasm is "a climax of sexual excitement, characterized by feelings of pleasure centered in the genitals." Physiologically, the genitals become engorged with blood, the heart rate soars, genital muscles contract, and oxytocin and dopamine are released by the brain. In short, it feels fabulous.

The clitoris is central to the female orgasm. Don't be fooled: the clitoris isn't just the tiny structure you see externally. It's actually quite extensive with crura, or legs, which extend well into the labia. Other fun facts? The clitoris houses more than 8,000 nerve endings so, it's super sensitive! It has erectile tissue, similar to the penis in a man, and becomes engorged and erect with stimulation. It's no wonder that most women need direct clitoral stimulation to achieve orgasm. In fact, more than 70% of women will not achieve orgasm from intercourse alone.

## What Causes Weak Orgasms, and How Can You Orgasm Better?

The cause behind weaker or nonexistent female orgasms isn't always crystal clear, but there are some things you can do and keep in mind to help improve the situation, and potentially have a better orgasm:

- **Be present.** Surely, you're not going to reach orgasm if you're [stressed](#) about what happened at work today or everything you need to get done tomorrow. It's vital to put that busy [mind to rest](#) and be in the moment if you're trying to achieve a better orgasm and potentially improve your libido.
- **Optimize your lifestyle for sex.** A healthy diet means a healthy [heart](#) and a healthy [weight](#). I recommend the heart healthy [Mediterranean diet](#) as a lifestyle. Smoking interferes with blood flow, including to the genitals. Just don't smoke. [Alcohol](#) is ok in moderation. [Exercise](#) is beneficial; if biking or spin class is your thing, adjust your seat and handlebars to avoid numbness to the vulva. Nerve compression around the vulva can definitely influence female orgasm potential.
- **Address any underlying medical issues.** Hypertension, [cardiovascular disease](#) and [diabetes](#), if left untreated, can negatively influence blood flow, including to the genitals. Less blood to the genitals means less sexual satisfaction; it may even

suppress the female orgasm and libido, or sexual desire. Remember to manage chronic medical issues.

- **As hormone changes occur during menopause, so might the female orgasm experience.** What used to feel like a thunderstorm might seem like a light drizzle now, and that can be a frustrating change. Occasionally, lack of adequate [lubrication](#) is the issue. You can ensure vaginal moisture and lubrication with foreplay, or you can look to your favorite lube or vaginal moisturizer for a little help.

**Learn more about [Revaree](#)®, Bonafide's hormone-free vaginal moisturizer designed to provide relief from vaginal dryness and associated symptoms.**

Some women prefer to use topical, vaginal estrogen to supplement their own decline of hormones, and that's ok too. I also recommend that women use certain sex toys to [enhance stimulation](#), more specifically a vibrator. Vibration can help to enhance blood flow and female orgasm...consider it the doctor's orders!

You may also want to consider more natural options for supporting female orgasm, including the incorporation of specific dietary [supplements](#) into your daily routine. One option for addressing weak orgasm is [French maritime pine bark extract](#), which is a natural plant extract known for being rich in nutrients that are anti-inflammatory and antioxidants. In addition to those pro-health properties, researchers have found that French maritime pine bark extract can help increase blood flow, which can aid in making the female orgasm experience better.

**Learn more about [Ristela](#)®, Bonafide's French maritime pine bark-based supplement designed to enhance blood flow to the genitals to enhance female orgasm and overall sexual satisfaction.\***

The health benefits of sex and orgasm have been demonstrated over and over again. Orgasms feel great, relieve stress, help with [sleep](#), burn calories, strengthen your [pelvic floor](#) and provide a general sense of well-being. True, at times the stars may need to be aligned to achieve orgasm... but a little help with the tips above certainly can't hurt!