



# Promote Global Peace, Health and Entrepreneurship Using Human Anatomical Structures: Sexual Satisfaction, Husband or Wife's Responsibility? Part 1

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## Abstract

The recent increase in legally married couples ignoring each other's sexual needs, though, it is one of the pillars for happy marriage must be a headache to all. It is an open secret nowadays to see and hear married partners complaining bitterly about being sexually neglected. What is worrying is that; although men hitherto were not known for ignoring sexual demands of their wives, now women also complaint of their husbands avoiding them. Shockingly, these same couples are mostly later caught red handed cheating.

Cheating used to be popular amongst only men but now women are also well known for cheating on their husbands. But strangely, women who cheat have rebranded cheating; especially with their co-workers as "Office husbands". Likewise, many men have shared their painful experiences of catching their wives whilst they were also in the act of cheating. These are mostly as a result of partners' inability to fully sexually satisfy each other in bed. Increasing refusal of partners to have sexual intimacy has not only contributed to increasing breaking homes and domestic violence, but homicides. Homicide especially in the Latin America and Caribbean (LAC) region is the highest in the world that targets mostly young males.

Evidence shows that sexual satisfaction during intercourse is one of the oils that is greasing family peace. One of the ways partners would surprise themselves often in bed and have stronger bonds; is by appreciating the roles that sensitive anatomical structures of their bodies play in making them sexually and emotionally satisfied. But there is little available literature linking the anatomy, physiology and psychology of humans' love, romance, and sexual satisfaction.

To help promote individuals and family harmony for global peace, quality health and entrepreneurship; this review was done to help educate couples and the public on how the anatomies and physiologies of their bodies after helping them win love can also help them maintain it. Through this review too, partners would also appreciate their anatomical structures and how they can help them not to only enjoy sexual intercourse but have orgasm. This review is also to encourage couples to freely communicate their feelings and how their partners should satisfy them. Sexual rejection by married partners would further increase with associated increasing cheatings, incest, break ups, and even homicides if nothing is done. This review would help legally married people identify how to satisfy their sexual needs and stay strongly bonded in their marriages. This will also contributes to peaceful and healthy families who can work for economic development.

## Background

The recent increase in legally married couples ignoring each other's sexual needs though it is one of the pillars of a happy marriage must be headache to all. Cheating though an old canker is very common these days than before! It is an open secret nowadays to see and hear married partners complain bitterly that they have being sexually

neglected (Adinkrah, 2021; Quist, 2021; Mark *et al.*, 2020; Zimbi, 2012). From available literature, wives in particular, are the ones who mostly do not want their husbands to have a taste of their honeypots (Adinkrah, 2021; Mark, 2020; Zimbi, 2012). The popular term that wives use to excuse their husbands from having sexual intercourse with them is: "Not Tonight, Honey" (Mark, 2020).

Men used to be mostly known for always pressing their wives for love making, but now women also complaint of their

husbands avoiding them (Quist, 2021). Some of them are mostly later caught red handed either engaged in sexual intercourse with a different lady (Buabeng, 2021), co-worker (KN, 2022), their wives' friends or even family members (Quist, 2021; Boakye, 2020).

Though cheating is popular amongst men, women are now proofing that "what men can do woman can do better" (Muhammed, 2021; Bawuah, 2019). Strangely, "Office husbands" is a popular term used for women cheating on their husbands with their co-workers (KN, 2022). Likewise, many men have shared their painful experiences of catching their wives whilst they were in the act of cheating (Decency, 2021; Kamasah, 2021). For details on cheating, read "ADDRESSING CHEATINGS IN MARRIAGES, A SILENT PANDEMIC WITH SEXUAL SATISFACTION TO PROMOTE PEACE, HEALTH AND ENTREPRENEURSHIP. SEXUAL SATISFACTION, HUSBAND OR WIFE'S RESPONSIBILITY? PART 2" By the same authors. Coming soon!

This increasing refusal of partners to have sexual intimacy has not only contributed to increasing breaking homes and "domestic violence" (Abu-Elenin *et al.*, 2022; Cedro *et al.*, 2022; Wörmann *et al.*, 2021; Gravningen *et al.*, 2017), but homicides (Adinkrah, 2021; Canudas-Romo & Aburto, 2019). Homicide especially in the Latin America and Caribbean (LAC) region is the highest in the world that targets mostly young males (Canudas-Romo & Aburto, 2019; García & Aburto, 2019).

To determine whether there is improve or poor public health, "Life expectancy" is mostly used. Unfortunately, this is also mostly found to be low in violence environment, as seen in the LAC region; especially Venezuela (Canudas-Romo & Aburto, 2019; García & Aburto, 2019). Talking about sex and how your partner should satisfy you does not means that one is not God-fearing!

Also, one of the indicators of peace is a healthy population. Having peace is a multi-faceted process that starts with healthy individuals and family members who can carry out their daily economic activities to support national and global economy. Violence in any form, like domestic/intimate partner violence, mostly results in injuries or even incapacitation; in which victims cannot work (Niriwa, 2022). So, even with a peaceful environment Entrepreneurs need be healthy in order to carry out their entrepreneurial roles to support economic development.

But evidence shows that sexual satisfaction during sexual intercourse is one of the oils that is greasing family peace (Etvghana.com, 2022; Martínez-Abarca & Martínez-Pérez, 2021). Sexual intercourse is sweet and very enjoyable, especially when one has orgasm! Anyone who really enjoyed it or had full orgasm would never hesitate to submit to his/her partner request to make legal love together. One of the ways partners would learn to surprise themselves often in bed and have stronger bonds; is by appreciating the roles that sensitive anatomical structures of their bodies play in making them sexually satisfied.

If partners understand the importance of sensitive anatomical structures of their lovebirds, and how to use them during romance and sexual intercourse, they can serve as strong bonds in marriages. Picturesque reflections (or thoughts) of how these sensitive anatomical structures helped them had orgasm, would be positive psychological flask backs (Coria-Avila *et al.*, 2016; Safron, 2016; Pfaus *et al.*, 2012) that would make seduction of partners easy. The same processes would also make it easy for people in legal romantic relationships to easily have their orgasms or climax.

A man who knows what nipples can do at his back, even if he is not having sexual intercourse, would always want to comfort himself with the breasts. Knowing these sensitive parts and how to use them, would help both partners enjoy sexual intercourse, make them satisfied, and help reduced the low desires for sexual intercourse in marriages (Marieke *et al.*, 2020). Most married

women do not twerk like most teenagers (Admin b., 2022) and some young single ladies do (Jonson, 2020; NDR, 2020).

To help promote individuals and family harmony for global peace, quality health and entrepreneurship; this review seeks to help educate couples and the general public on how the anatomies and physiologies of their bodies after helping them win love can also help them maintain it. Through this review too, partners would also appreciate their anatomical structures and how they can help them not to only enjoy sexual intercourse but aid in orgasm.

## Method Used for the Review

This research was done using available literature from the internet. Search engines that were used for the retrieval of literature are; PubMed, Google scholar, Newspaper websites, Web of Science, and Science direct. Some pornographic sites that provided evidence of some sexual behaviors enjoyed by some people, mostly referred to as "Bad boys" and "Bad girls" were also used. These pornographic sites were added purposely to explain that, a partner who enjoyed his/her lover's romance will not hesitate to willingly have sexual intercourse. They are sites that were normally referenced by some of the newspapers that were used.

To eliminate other unnecessary sites and unwanted information that might pop-up in the search engines, keywords like: peace, health, entrepreneurship, sexual satisfaction as health, sexual satisfaction for peace, physical attraction, love, romance, sexual satisfaction, anatomy and physiology, psychology, and orgasm were used. Articles (both in news and journals) that are published between years 2002 to 2022 were also used to eliminate articles that are not related to the research title/topic or are not current. Experiences of authors were also used in the review.

## Results of the Literature Retrieved

**Table 1: The Search engines used and the number of articles retrieved from each**

Type of Search Engine Used	Number of Articles Retrieved
PubMed	59
Newspapers	32
Blog posts	5
Web of Science	5
Google scholar	3
Science direct	3
Bible quote	1
YouTube Video	1
Total	109

One hundred and nine (109) literatures, were used. Thirty-two (32) newspapers were used, five (5) of them were blog posts, one (1) Bible quotation was used, one (1) was a YouTube video, fifty-nine (59) were from PubMed, five (5) were from web of science, whilst three (3) each were from Google scholar and Science direct (Table 1.). The newspapers provided current evidence of publications in which married couples complaint of sexual rejections. They also exposed cases in which married couples caught their lovers cheating and evidence of some married people confessing that they cheat because of lack sexual satisfaction.

## The Basic Anatomy, Physiology and Psychology of Love, Romance and Sexual Satisfaction

The anatomical, physiological, and psychological processes of love, romance and sexual satisfaction (the APP of love, romance and sexual satisfaction) have biblical origins (Ang *et al.*, 2021; Jeanson & Tomkins, 2018). After God created Eve for Adam, the presence of Eve alone without even uttering a word was enough to force Adam to speak (Genesis, 2:21-25. 1611. KJV)! The physical

presence of Eve triggered physiological processes in Adam that sent nerve messages to his brain to make him fall in love. He gave an anatomical description to Eve as a sign of his love, saying: "This is now bone of my bones, and flesh of my flesh..." (Gen 2:23).

Though some people can have sexual intercourse out of lust, most relationships are formed out of love (Stinson *et al.*, 2022; Bode & Kushnick, 2021; Magon & Kalra, 2011). This love is then normally followed by romance out of the admiration partners have for each other and this finally leads into sexual intercourse itself.

What mostly attract both genders to each other is when they use their senses, the senses of sights (eyes) and feels (skins) to see and feel the physical beauty or handsomeness of their partners (Yousef *et al.*, 2021; Hart *et al.*, 2020; Murphy *et al.*, 2018; NG, 2016). What normally results into the feelings that partners have for each other is the anatomical processes/structures (Yousef, 2021)

triggering the physiological process (Yousef, 2021) to trigger the psychological processes (Landgraf & von Treskow, 2017; Safron, 2016; Sachs, 2007) of love, romance and sexual climax.

The appearances of partners that attracted their love ones, represent their anatomies, but the physiologies (Kim & Dao, 2022; Schmitt, 2002; Fisher *et al.*, 2002) of their partners are what maintain their beauties and handsomeness that attracted them. Sexual intercourse is best enjoyed by both partners first falling in love with each other. The physical body of the person, his/her skeletal structure covered by the skin (sense of touch) is what you see and fell in love (Yousef *et al.*, 2021; Murphy *et al.*, 2018; Bartsch *et al.*, 2015). During sexual intercourse itself, some of these physical structures (anatomical make-up) of your partner like the clitoris, nipples, penis, scrotum, ears, neck, and so on need to be played with at the same time for sexual satisfaction (Fig. 1).

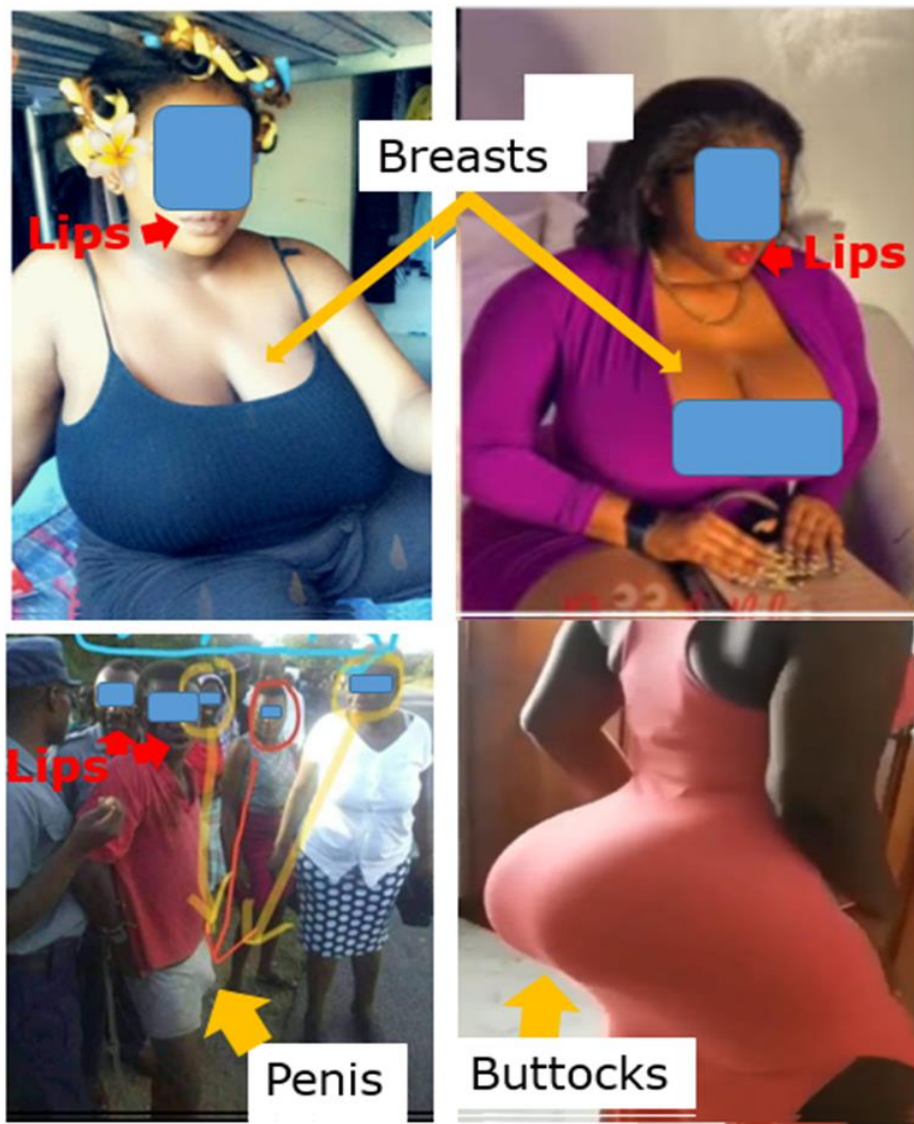


Figure 1: Some Human Anatomical Contributors of Sexual Satisfaction (Retrieved from (Gideon (a), 2022; Ikeji, 2018))

For a good sexual satisfaction, both the anatomical make-up of the body, physiological and psychological process are required. Anatomical make-up talk about the physical structure of your sexual partner that attracted you (Schmitt, 2002; Gideon, 2022). During sexual intercourse these physical structures like the vagina, penis, breasts, or lips are stimulated for sexual satisfaction (Wallen & Lioyd, 2011). In a video that is trending online, a lady is seen holding to examine a man's penis before they have sexual intercourse (Gideon, 2022). The penis that she held in her palm is one of the anatomical make-ups of man purposely for vaginal penetration during sexual intimacy (Gideon, 2022; Wallen & Lioyd, 2011).

Men are caught unaware in many instances secretly admiring either the facial beauty, breasts (Gideon (a), 2022; Antwi B., 2021; Ikeji, 2018), buttocks, hips or just the appearance of ladies (Kwadwo, 2022; Banahene, 2021). Any of these that has attracted the man to the lady is her anatomical make-up. Amongst these; the buttocks and breasts of ladies are mostly seen being admired by most men (Opera.com., 2020; Fig. 1.). A lady endowed with big buttocks was seen selling plantains, she trended online as most people on the street wanted to catch a glimpse of her (Opera.com., 2020). They are the same structures that promote sexual satisfaction and orgasm!

It is normal nowadays to see naked ladies masturbating online (Kwaku, 2022) whilst others are fingered (Admin., 2022;



Kwaku (a), 2022; Kpakpo., 2021)! What it means is that, such ladies can only have their orgasms or climax if you play with their clitoris or breasts whilst making love to them (Hämmerli *et al.*, 2020) or finger them during romance. Some people may want you to suck their breasts, lick their ears, or necks. Just play with those parts as requested; they will be moaning with ecstatic feelings. All these are anatomical areas of the body contribute to sexual satisfaction, especially the skeletal framework of partners' physical appearances (Murphy, 2018).

All the five (5) senses of the body: "Hearing, vision, smell, taste, and touch"; using their organs: "Ear, eye, nose, tongue, skin" (Giugliani *et al.*, 2020; Wood & Graef, 2020), all play important roles when falling in love and during sexual intercourse. Your final decision to fall in love is determined psychologically but triggered by your physiological make-up and the senses. Example; using what you see, hear, or feel when he/she talks or touches you. Sometimes using the sense of smell too; the nice smell of the perfume that the person uses, alone (Wisman & Shira, 2020; Borg *et al.*, 2019; Borg (a) *et al.*, 2019), is enough to attract some partners like the "nectar" in plants' flowers attracting insects (Nepi *et al.*, 2018).

All the human anatomy, physiology and Psychology are used during the initial stages of falling in love and at the final stages of sexual satisfaction or dissatisfaction. During romance after you have finally fallen in love or gotten married, all the 5 senses and their organs are used. You see or touch each other physically (senses of sight and touch; using your eyes and skin); you talk or listen to each other as you play romance touching your sensitive parts (senses of taste, hearing, and touch; using your tongues, ears, and skin). If any of you has a bad odor or use hurting words, these alone can put the other partner off. So, sexual intercourse cannot take place for sexual satisfaction if any of the partner stinks or use hurting and abusive words.

When having sexual intercourse too, all of them; the APP (anatomy, physiology, psychology) and five senses are used for full sexual satisfaction. Though it is true that men are mostly seduced by what they see and women by what they hear (Ruiz-Eugenio *et al.*, 2021; Boakye, 2020; Brak-Lamy, 2015), in both sexes some of them are also seduced by their partner's perfume. Men can make use of the hearing arousal of most women to help their partners have orgasm using false praises just like some do during "courtship" (Graff, 2020; Landgraf & von Treskow, 2017). Even without touching a partner, dirty talks using your tongue or rolling it to make a sexual sign can seduced him or her and make him/her eager to have sexual intercourse with you.

Whatever one does when he/she falls in love with someone and wants to attract him/her it will never work, except the physiological processes of the partners are activated. The hormones of the body normally sends information to the brain to help people make their final decision to fall in love (Sorokowski, 2019); as "neurotransmitters" (Seshadri, 2016). Most women like it if you can play with her sensitive parts like the clitoris or nipples very well before sexual intercourse; and once you can do that, she will ask for more.

Before any sexual activity between two or more people takes place, there must first be attraction. This is a three dominant dimensional process made of the human anatomy, physiology and psychology. Both the anatomical and physiological processes are what trigger the psychological process; and it is made possible using "Stress hormones" such as: "Dopamine, norepinephrine, and cortisol" (Seshadri, 2016). Oxytocin, a hormone that aids orgasm, is also needed for attraction.

Physiological process using hormones is based mostly on using the senses and their organs. It is after one sees what he/she likes and admire using the sense of sight, that these hormones are activated. Based on that, physiological processes controlled by oxytocin attract partners and two hormones: "Testosterone" in men and "Oestrogen" in females (Timesfindia.com., 2021) that give

people the urge to have sexual intercourse. This final decision triggered by the physiological processes, is a psychological process!

Though "Sexual dysfunction" (Amidu *et al.*, 2011) is a known barrier to sexual satisfaction, effective use and combination of the human anatomy and physiology during sexual intercourse can facilitates sexual satisfaction. This is because there are other body parts of a lover which are also sensitive, and when stimulated can lead to sexual satisfaction or orgasm (Timesfindia.com., 2021; Santos-Longhurst, 2019). It does not only takes penal-vaginal penetration to be sexually satisfied! Sustainable Development Goals' Sixteenth (SDGs 16) of United Nations (UN) emphasizes promotion of: "Peace, Justice and Strong Institutions" (UN U. N., 2020; de Coning, 2018). These will be difficult to achieve without sexual satisfaction promoting happy families!

## **Rising Rates of Plastic/Cosmetic Surgery Proof Human Anatomical Structures as Triggers of the Physiology and Psychology of Love, Romance and Sexual Satisfaction**

The admirations by partners are what mostly attracted them to their choice of men or women for sexual intercourse to take place. But what mostly results into the final admiration is a combination of physiological and psychological processes that took place in both partners. Physiological processes first start when one sees a body structure that he/she likes, usually aided by hormones (Stinson, 2022; Ruiz-Eugenio, 2021; Sorokowski, 2019; Schmitt, 2002). But the "partner-related cues" (Safron, 2016; Pfaus, 2012) that are finally created after falling in love are psychological processes.

It is a known secret that most people especially, men, always admire and are attracted to ladies with nice shapes. These shapes of ladies are known popularly in Ghana as "Coca-Cola shapes" (Adobea-Owusu, 2022; Amoah, 2015) and globally as contour shapes (Bezzini *et al.*, 2021). The "Coca-Cola shapes" or contour shapes are named after a popular soft drink which bottle has a contour shape (Adobea-Owusu, 2022; Shaw, 2018; Amoah, 2015). People are going for "cosmetic surgeries" (Maisner *et al.*, 2022; Bezzini *et al.*, 2021; Liechty *et al.*, 2020) or using man-made things like "artificial buttocks" (Kayrico, 2022) to enhance their appearances.

These proof the importance of anatomical structures in romantic attraction; they are doing that to attract admiration from others and also get employment or a life partner (Tam *et al.*, 2012). But the increased complaints of partners avoiding each other (Adinkrah, 2021; Quist, 2021; Zimbi, 2012) are evidence that many people do not know how to use these anatomical structures of their loved ones that attracted them.

A touch, though a physical process, is a very powerful psychological message that makes people fall in love if properly done. A lady confessed how through just a touch, she had her first orgasm in life and fell in love with the man who touched her like that (Ghanaweb.com., 2018). Since that was her first magical and sweetest touch in life; she went home and all her thoughts were about being touched again. So, though that man was not with her, that touch alone has connected her to him psychologically. She kept on yearning to be touched like that again by him.

Though she was pregnant at the time that she was touched like that, the fire of love that was burning in her was so strong that she had to call the man. This could be seen from her anticipation that: "I needed to be touched, to feel that feeling I felt ..." (Ghanaweb.com., 2018). What this simply means is that if a man knows how to play with the sensitive anatomical structures of his wife, she will always be ready to have sexual intercourse with him (Puppo, 2013). Likewise a woman who knows to play with her husband sensitive parts.

There are facts that these sensitive anatomical structures are admired and cosmetic or plastic surgery in the 21st Century's world

has been on the ascendancy for the first time in humans' history. This can be seen by the increased resort to plastic/cosmetic surgery in almost all the continents like South America (Bezzini *et al.*, 2021), Africa (Afia, 2021), Asia (Wong *et al.*, 2022), and Europe (Nischwitz *et al.*, 2021). This increased plastic surgery is in response to the increasing preferences that people make when searching for a life partner; mostly based on one's physical look. Everywhere in the world, just like the increased cases of relationships' cheatings, there are news of women visiting health facilities to enhance their beauties with cosmetic surgery (Liechty *et al.*, 2020; Frederick *et al.*, 2007). Some men are also into "Facelift" and "Genital" plastic surgeries.

Evidence of this increasing rates of plastic surgery can also be confirmed by the simultaneous increased publications on it, since 2010 to date (Maisner *et al.*, 2022; Bezzini *et al.*, 2021; Liechty *et al.*, 2020; Plana *et al.*, 2018). For empowering our women, plastic surgery has given many women the opportunity to climb higher in the academic ladder, profession and writing (Maisner *et al.*, 2022; Reghunathan *et al.*, 2020; Moak *et al.*, 2020; Plana *et al.*, 2018). In the years 2010 to 2019, the number of articles on cosmetic/plastic surgeries which used to be 747 has jumped like a frog to 1049 yearly (Liechty *et al.*, 2020). But though women are the ones mostly noted for doing plastic/cosmetic surgery, men also go for it.

**Plastic Surgery in Women:** "Plastic surgery is mostly perceived as cosmetic surgery" (Panse *et al.*, 2012). The commonest type of plastic or cosmetic surgeries that most women do include: breasts and buttocks enhancements (Sørli, 2010), facial surgery for "Facelift" (Marten (a), 2018), and hips enlargement (Miaaesthetics.com., 2021; Heo, 2018). As revealed by some writers, buttocks and hips enhancements mostly go together (Heo, 2018; Benito-Ruiz, 2006). The popular hip enlargement that women do is "Brazilian Butt Lift (BBL)" (Miaaesthetics.com, 2021).

Ladies who do cosmetic surgery were mostly discriminated against and stigmatized; because it is considered as culturally unaccepted (Bonell *et al.*, 2021; Tam *et al.*, 2012). But even its complications in addition to the discrimination and stigma did not stop women from going for it. In the midst of COVID-19 pandemic, European women were still going for plastic surgery (Giunta *et al.*, 2021). Today, many popular pastors' wives in Ghana are known to have done plastic or cosmetic surgery (Afia, 2021; Mensah, 2021).

Women recently resorting to plastic surgeries, do them for varying reasons best known to them. But, the obvious reason why most ladies; especially the celebrities, married women, and single ladies who are searching for life partners or jobs, resort to cosmetic surgery is to have the "Coca-Cola" or contour shape that most people admire (Adobe-Owusu, 2022; Shaw, 2018; Amoah, 2015). The first reason why they want this shape is to look more physically attractive (Bonell *et al.*, 2021) and be seductive to their husbands. Female celebrities obviously want admirations from the general public and their fans.

The next major reason why most women are increasingly interested in reshaping themselves using cosmetic surgeries is because they want to be confident about their looks (Van Boerum, 2020). Unlike clothing that can be bought in the market, these anatomical structures are not sold there. Though some drugs or "herbal concoctions" (Adobe-Owusu, 2022) are known to also help them get that contour/coca cola shape, some may see cosmetic surgery as fast and more specific. The other reason is because of a medical condition (Shridharani, 2010).

The shape and facial beauty of a lady aside being able to arouse her husband can also help both partners to have orgasm. Wives who particularly dance/twerk for their husbands, can use that as "partner-related cues" (Safron, 2016; Pfaus, 2012) that would psychologically flash back like pictures in their husbands' minds. So, like twerking and "Dirty talks" or "Pillow talks", the anatomical structures of a wife can trigger both physiological and psychological processes in her husband. These are very important for promoting

romance, love, sexual satisfaction and orgasm to help keep their partners (Atari, 2017).

For details, read: "**Promoting Sexual Satisfaction with Orgasm: a Dominant Three (3) Dimensional Process; for Global Peace, Health and Entrepreneurship. Sexual Satisfaction, Husband or Wife's Responsibility? Part 3**". Coming soon!!!

**Plastic Surgery in Men:** Though men also do plastic surgery it is common amongst women when compared. Cosmetic surgery in men, like "Facial Rejuvenation", is mostly done during old age and for medical complications like "scars", "burns" or "radiation dermatitis" (Vasavada, 2022).

Like women, the main reason apart from medical problems why men do "Facial Rejuvenation" plastic surgery is to have a "Facelift" (Marten, 2022; Parsa, 2019; Marten (a), 2018). But why they would want to rejuvenate their faces is because they want to be confident about their looks. This is particularly so if they have ever faced "appearance-based rejection" because of their anatomical structures or due to "social comparison" (Matera, 2018; Souad, 2018). The next plastic surgery that most men do is "Penis enlargement" (Bettocchi, 2022).

Whether male or female, both genders are more likely to go for cosmetic or plastic surgery, because they are not satisfied with their own physical looks. This means that even the decision to resort to cosmetic surgery is a psychosocial/psychological process on itself pushing them as a result of social pressures to look contour as a lady or have six packs as a man (Matera, 2018). Influences from friends and peers are all psychological in nature that motivate both genders into plastic surgery.

But before these psychological processes, as a result of psychosocial pressures, some physiological processes are normal triggered by the hormones (mostly the stress hormones). These hormones then serve as neurotransmitters that present the psychosocial pressures as impulses to the brain; resulting in the final decision to do cosmetic/plastic surgery as a solution. These same physiological and psychological processes are triggered when one sees a body structure that he/she likes. In the World Health Organization (WHO) definition of sexual health (Douglas, 2013; Higgins, 2011), these feeling(s) are needed to make the person sexually satisfied and healthy.

If a man watches a lady, especially one with a heavy buttocks, dances/twerks; after he left the dance scene, the movements or shakings of lady's buttocks would continue to flash back in his mind. This time the lady is no more with him, but what he saw is serving as both a physiological and psychological process that keeps recurring in his mind; if he loves her (Angioi *et al.*, 2021; Vander Elst *et al.*, 2021). But whether they know how to better use these anatomical structures that they spent money and risk their lives to acquire is still questionable, as confirmed by the increasing sexual rejection (Quist, 2021; Zimbi, 2012).

## **Dancing or Twerking as Example of the Application of Anatomical Structures**

It is a known secret that dancing is a form of communication that communicates to all the senses of the body; depending on how it is performed and who is performing it (Basso *et al.*, 2021; Darivemula *et al.*, 2021). Even without touching, ladies in particular can seduce their husbands using only dance. As time is "dynamic" (Markosian, 2020; Marinho *et al.*, 2018) and human behavior also keeps changing, so do the sexual behaviors of people also keep changing (Wisman & Shrira, 2020). In order that you do not become a victim of your partner ignoring you in bed, there is the need for lovers to also keep discovering different ways that they can use to sexually satisfy themselves.

All that romantic legal partners need to be able to entertain and sexually satisfy each other during intercourse are not in space.



They are within them! The physical appearances of partners or their anatomical structures that attracted them, are the same things that they can use to satisfy themselves. If your partner does not want to get closer to you any more (Quist, 2021; Zimbi, 2012), you are the problem. It simply means that there is something that you were supposed to be doing that you are not doing.

Your beautiful breasts, chest, buttocks or face are/is useless if you do not use it/them! As most people in the world still perceive talking about sexual intercourse as a sign of ungodliness (Bless, 2020; Saunamäki & Engström, 2014; Dyer & das Nair, 2013), though this is a misplaced perception; lovers can communicate using their anatomical structures. Romantic partners should disregard this perception which is not always true about an individual, and create a good atmosphere for their lovers to freely communicate their feelings. One of the best ways of communicating amongst lovebirds; aside “sexual intercourse” (Lu *et al.*, 2022) and using romantic love signs (Mostova *et al.*, 2022), is dancing. This in itself can be a romantic love sign language.

Twerking is a popular seductive dance similar to “Mapuaka dance” (Lockman, 2022; OperaNews., 2021). Nowadays, Teenagers and celebrities are the ones who are mostly seen twerking. It is a form of dance where they seductively throw or thrust their “hips” shake their “buttocks”, mostly bending down or lowly “squatting stance” (Lockman, 2022; Griffiths, 2017). Married women can make their home a happy one by learning to wear short dresses that would exposing them for their husbands. They can also dance with their miniskirts to shake their buttocks whilst using romantic signs languages at the same time to arouse their husbands (Mostova *et al.*, 2022; Benjamin., 2022).

If dancing is a form of “medicine” (Angioi *et al.*, 2021), it is because of its ability to serve as a non-verbal communication that sends strong messages to the brain to induce or change human behavior (Basso *et al.*, 2021; Darivemula *et al.*, 2021; Karpati *et*

*al.*, 2015). This is what makes dancing a power tool in behavior change medicine like autism, stress, or depression (Vander Elst, 2021; Duberg, 2020). This is especially very good for wives who complaint of their husbands refusing to have sexual intimacy with them. This is because there are evidence that men are aroused by the sight of a woman’s shape that pleases them (Ruiz-Eugenio, 2021; Boakye, 2020).

The twerkings of a wife who a man loves and married can be used as part of additional options for seducing her husband. Like using “Pillow talks” and “Dirty talks” (Samor, 2022; Jameson, 2020), twerking can send strong long lasting beautiful flashbacks (sweet thoughts) to the brain to help connect romantic partners. Though twerking is an anatomical process and a form of physical exercise for a woman doing it, physiological and psychological processes are activated in her (Laird, 2021; Pollick, 2018) and the person watching. But there is little available literature linking the anatomy, physiology and psychology of humans’ love, romance, and sexual satisfaction and how these combinations contribute to global peace, quality health and entrepreneurship.

## Conclusion, Suggestions or Recommendations

Only few partners with an erected and wet genital would reject having sexual intercourse. If your romantic partner is refusing to have sexual intercourse with you or let you touch him/her, it simply means that your romance is poor. The key to unzipping a romantic partner for sexual intercourse is a good foreplay with their sensitive anatomical structures, like the clitoris, penis, nipples, ears, or neck (Figure 2). Once you are good at that and can do that satisfactorily, there will be no resistance from your lover. He/she would even want you to do more of that for him/her! If your partner always request for a particular sexual experience and you deny him or her, he/she would look for an opportunity to get that from a different person.

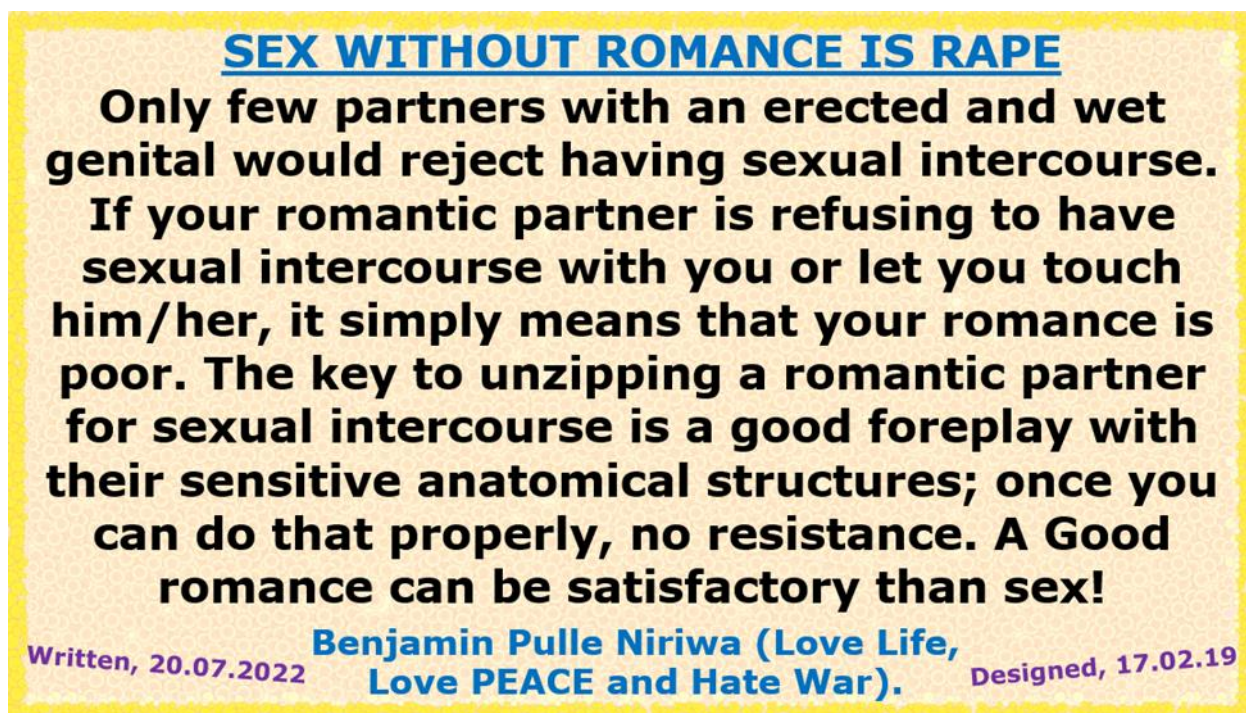


Figure 2: Romance Is the Key Unzipping Partners' Zips

A good romance can be powerful way romantic lovebirds can enjoy sexual intercourse and have orgasm without even penile-vaginal penetration. Every human being will like to have sexual intercourse with a bad boy or bad girl, but not every human being will want to marry a bad boy or a bad girl. Bad boys and girls make good use of their anatomical structures and that of their partners! Pretending not to talk about sexual intercourse is of the biggest forms of hypocrisies that will negatively affect your marriage and sexual life. Angels

don't have sexual intercourse! There is nothing wrong with legally married partners freely expressing their sexual feelings to each other!

These are few Suggestions or Recommendations on how romantic lovers can use their anatomical structures:

1. The best road map to always enjoy sexual intercourse and for lovers to reach orgasm is to regularly screen

themselves for any sexually transmitted infection (STIs) for treatment or cure. Love is more enjoyable and satisfactory when both partners trust themselves.

- Relationship courtship is not just a period for studying partners' behaviors as is always the case. Partners must know where and how each other likes to be touched mostly.
- Wives must also learn to twerk/dance for their husbands like the bad girls out there. They serve as "Partner-related cues" to bond your marriage. Respect yourselves as lovers.
- Wear short dresses for your husbands at home, especially when you are alone.
- Complement each other often. Always reassure your wife of your love and her beauty.
- Be your partner's bad boy/girl! Shake those beautiful buttocks or breasts to seduce him. Give each other morning and night perks or kisses.
- Remind your wife of what attracted you to her. If it is her smile, breasts, buttocks, color or height, tell her.
- Romantic partners who give themselves massages cannot complaint of sexual rejection! Partners who has never done that should learn it, that one alone is a form of seduction.
- Learn to play more romance with your anatomical structures (Fig. 2.) before penile-vaginal penetration, partners who can play good romance cannot complaint of sexual rejection.
- If your partner wants you to go down on her or give him blow job, it is advisable to add it to your romance, but you must always maintain personal hygiene.
- Watch pornographic films together once a while to spike up your sexual life, it is one of the ways of learning to be each other's bad boys or bad girls.

## **Ethical Issues**

In this research there was no contact with any respondent during the review. But authors who meet are all health experts who always observe all COVID-19 prevention protocols. Most of the works were done and shared amongst themselves as a way of ensuring social distancing. No individual, group or profession was personally targeted in the review. Every part of the research was done devoid of any form of bias, discrimination, victimization or blackmail. For the figure (figure 1) that shows the anatomical structures, the faces of people are covered. A picture in which a lady's breasts were too exposed, part of them were covered.

## **Abbreviations Used**

APP: Anatomy, Physiology, and Psychology  
COVID-19: Coronavirus disease-2019  
BBL: Brazilian Butt Lift  
LAC: Latin America and Caribbean  
IJIRMS: International Journal of Innovative Research in Medical Science  
SDGs: Sustainable Development Goals  
STIs: Sexually Transmitted Infections  
UN: United Nations  
WHO: World Health Organization.

## **Data Availability**

This full text of this review is available on the International Journal of Innovative Research in Medical Science (IJIRMS) only. Part of this is also published on the Principal Investigator's Blog: "peacelovingworld.blogspot.com".

## **Conflict of Interest**

There is no conflicting interest identified

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## **Author's Contribution**

BPN: Principal Investigator, Originator of the idea and writer of the manuscript, Discussion, Suggestions and Recommendations.  
MMI, JD, DAA, SYAB, and SSA: Consultants, Discussion, Suggestions and Recommendations.  
HG, JD, NEK, DAA, DA, SA, AJB, EB, DJ, MAA, MKA, EA, IBH, and SD: Editing, discussion and suggestions.

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## **Declaration**

I, Benjamin Pulle Niriwa, a Health Tutor of College of Health-Yamfo, in the Ahafo Region of Ghana-West Africa, on behalf of my co-authors, declare that: with the exception of advices and guidance that were professionally given by our consultants, the editing and suggestions of those who read through, and the literature that have been referenced; this paper is the result of our own initiative, research and experiences in life.

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