

# COSMOPOLITAN

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The Girlie Habits That Hold You Back

## BEYOND KAMA SUTRA

Advanced Sex Positions (#3 Will Have You Grinning for a Week)

Ashlee Simpson

Don't Judge Her Till You Read This

## His Butt

## THE POWER OF PRE-SEX

HEALTH WONT

IF YOU USE SIX OR MORE TAMPONS A DAY DURING YOUR PERIOD, YOU MAY HAVE A CONDITION CALLED MENORRHAGIA.

—SEE ENDNOTES FOR SOURCE OF THE HEALTH INFORMATION.

### Your Six Sexiest Days

Research shows that you're more likely to get frisky when you're fertile.

Sex is 24 percent more frequent during the six days leading up to ovulation—your most fertile days of the month, according to a new study. "It could be because your hormone levels are programmed to soar that week, which in turn boosts your sex drive," explains **Fady Sharara, MD**, medical director of the Virginia Center for Reproductive Medicine in Reston, Virginia. "Or you may be giving off chemical signals that make you more attractive to your man."



Feeling randy? Use extra caution.

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Thinking in Bed!

There's a Hottie Under Here!



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