

# Sex expert says we are 'forever horny'

BY LISA QUEEN  
Staff Writer

Humans are born sexual beings and will remain sexual beings until the day they die.

So why do surveys show most Canadian adults would pick a good

night's sleep over a night of passion if given the choice?

Sunday Night Sex Show host Sue Johansen will tackle that issue and many others during what is being billed as a fun and informative presentation in Richmond Hill Saturday.

The Forever Sexual seminar by the

renowned radio and TV sex therapist in concert with York Central Hospital urologist Dr. Wayne Samsoumar is part of the hospital's women's wellness outreach program.

"I call the workshop 'Forever Horny' but some people feel uncomfortable with that," Johansen said in a telephone interview from her cottage Tuesday.

"We are forever horny. We are sexual human beings. We are born sexual and we will be until the day we die. There is a different focus on our sexuality (during different periods of our lives). But it never dies, so don't give up on it, baby."

For most people, however, sex takes a back seat, so to speak, to the daily grind

of work, commuting, the kids, housework, the in-laws and a million other pressures.

Not to mention a society where sex is everywhere at the same time people are discouraged from discussing their personal sex lives.

No wonder, Johansen says, people are so exhausted and inhibited that slumbering between the sheets takes precedence over getting some action there.

"We have allowed our relationships to stagnate and we have not allowed ourselves to be, and I hate to use the

See HECTIC, page 12.

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