

How Cannabis Helps Heal Orgasm Difficulty

The Problem

Orgasm difficulty affects up to 41% of women globally. Yet only 5-10% of affected women report the issue.

Let's explore how cannabis interacts with our bodies to heal this common concern.



by Dr. Suzanne Mulvehill

A Solution

Fifty years of research shows cannabis improves orgasm frequency, ease, satisfaction, quality, and intensity.





Understanding Orgasm Difficulty



Persistent Challenge

Recurring difficulty achieving orgasm despite adequate stimulation



Emotional Impact

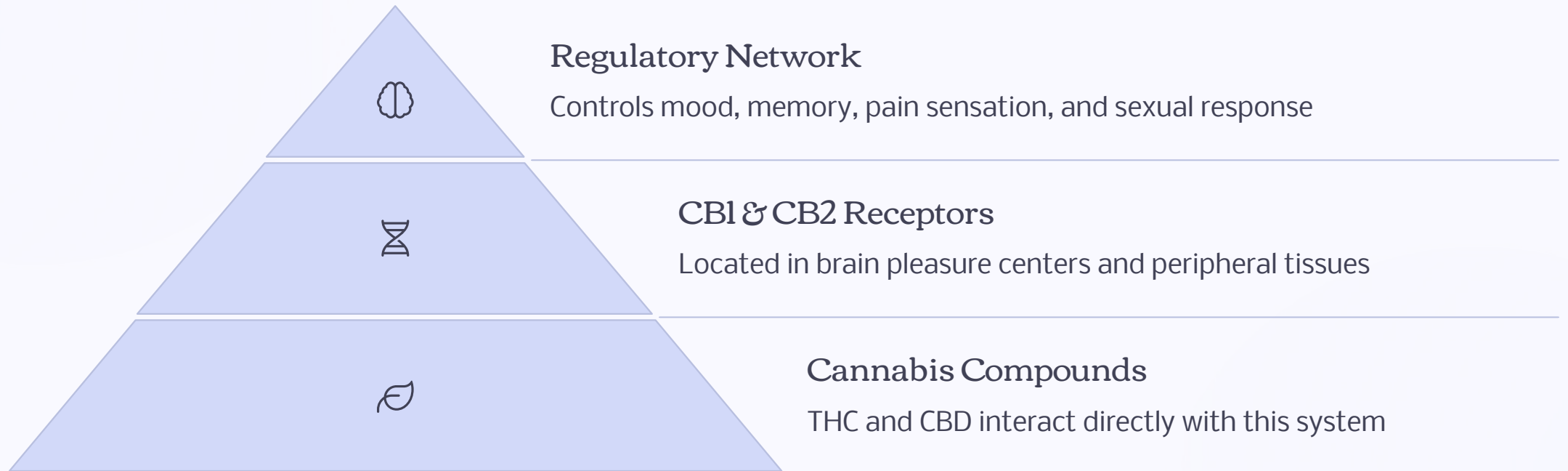
Affects relationships, self-esteem, and overall wellbeing



Limited Options

Treatment options have historically been restricted and ineffective

The Endocannabinoid System



Physiological Mechanisms



Blood Flow

Increased circulation to genital tissues



Sensation

Enhanced tactile response through CB receptors



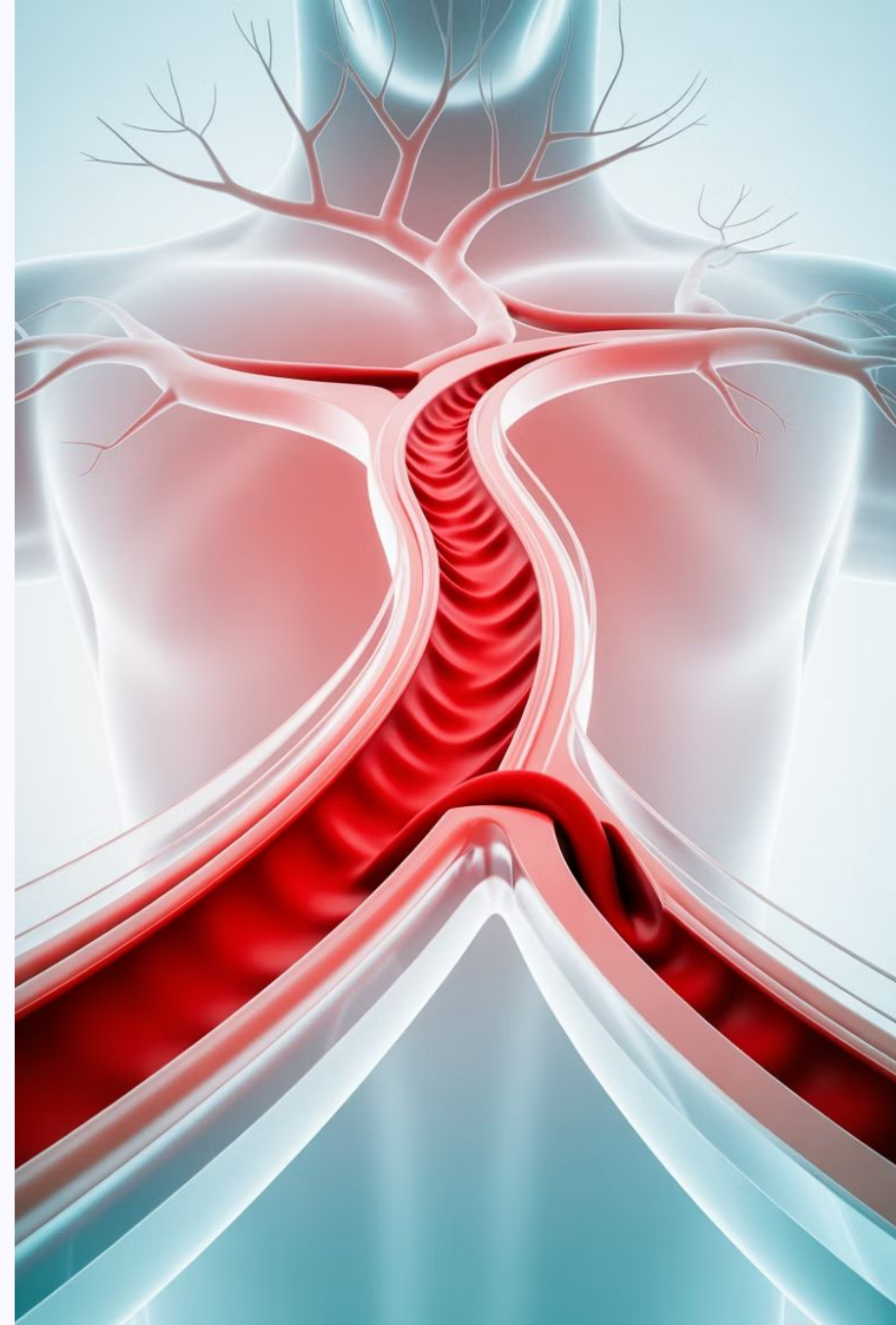
Time Perception

Altered awareness extends pleasure phases



Body Awareness

Heightened physical sensitivity during intimacy



Recent Research: Mulvehill & Tishler (2024)

This groundbreaking 2024 study demonstrated significant improvements in orgasm outcomes with cannabis use compared to non-use for women who experience orgasm difficulty during partnered sex:

Increased Orgasm Frequency

72.8% reported higher orgasm frequency with cannabis

Improved Orgasm Ease

71% indicated cannabis use made orgasm easier

Increased Orgasm Satisfaction

67% reported improved orgasm satisfaction

These findings provide strong evidence for cannabis as an effective intervention for orgasm difficulties, with participants consistently reporting better outcomes across all measured parameters.



Supporting Studies

Lynn et al. (2019)

Cannabis users before sex were twice as likely to report orgasm satisfaction than non-users.

Moser et al. (2024)

Showed significant improvements in multi-orgasm capability and orgasm intensity.

Kasman et al. (2020)

Reported a 21% decline in sexual dysfunction issues with cannabis use.



Psychological Factors in Orgasm Difficulty



How Cannabis Addresses Psychological Barriers



Reduces Anxiety

Lowers stress response and self-consciousness



Diminishes Intrusive Thoughts

Quiets mental chatter during intimacy



Creates Mind-Body Connection

Enhances present-moment awareness



Research Gaps & Questions



Optimal Ratios

What THC:CBD balance works best for sexual response?



Delivery Methods

Which administration routes are most effective?



Individual Factors

How do tolerance and body chemistry affect results?



Mechanisms

What specific neurochemical processes are involved?

Our Program's Research Agenda



Clinical Trials

Comparing cannabis formulations for orgasm difficulty



Biomarker Studies

Measuring physiological responses with/without cannabis



Treatment Protocols

Developing standardized guidelines for practitioners



Provider Training

Creating educational resources for healthcare professionals



Moving Forward: Healing Through Knowledge

41%

Women Affected

Global prevalence of orgasm
difficulty

72.8%

Success Rate

Women reporting improved
orgasm with cannabis

50+

Years of Research

Supporting cannabis benefits for
sexual health

Our work bridges research gaps to develop evidence-based treatments. We're committed to destigmatizing both cannabis therapy and sexual wellness.



Looking for more support, insight, or inspiration on your orgasm journey?

We invite you to explore our full ecosystem—where science meets healing, and pleasure becomes power.

- 🌿 **Learn** with our free orgasmic learning training guides and courses at the *Female Orgasm Training Institute*
- 🧠 **Explore** cutting-edge research at the *Female Orgasm Research Institute*
- 📦 **Advocate** with us through the *Women's Cannabis Project*
- 🎙️ **Listen** to bold conversations on *The Orgasm Hour Podcast*

Start here: www.femaleorgasmtraining.com

Visit our nonprofit: www.femaleorgasmresearch.org

Or our public policy initiative: www.womenscp.org

