



# ADVANCED MARRIAGE TRAINING

## How to Use the Luveuphoria Formula

### Equipment Needed:

- Luveuphoria Formula

$$L_F = [(\text{Log}_{10} (\text{ns}/\text{nd})) \bullet 10] - 1$$

ns = number of non-sexual touches

nd = number of days

- Luveuphoria Scale
- Luveuphoria Table
- Scientific Calculator (Easily found on most cell phones)

### Step 1: Collect you data.

You will need to know the number of non-sexual intimacy contacts that you have initiated with your spouse. Examples of non-sexual intimacy include:

- Hugs
- Back Rubs
- Holding hands
- Walks (not speed walking)
- Foot massage
- Body massage
- Gentle touch to the face
- Arm around shoulder
- Hand on thigh or knee (Remember Non-sexual)
- Dancing together
- Napping in the same bed (or one sofa, close together on the floor, etc)
- Caressing and stroking the body, over clothing or under clothes/without clothes on
- Nuzzling
- Scratching
- Biting
- Spooning (non-sexual)
- Playing with hair
- Kissing the body (excluding the genital region and possibly breasts)
- Kissing the mouth (close-mouthed, no tongue)
- Kissing the mouth (open-mouthed, with or without tongue)
- Gentle touch on the shoulder
- Body caress (non-sexual and making sure it is wanted)
- Sitting close enough that bodies touch
- Arm around waist
- Playful (Wanted) tickling
- Scratching those hard to reach places
- Cuddling, with clothes on
- Cuddling, with clothes off (typically, with underwear still on)



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**Step 2:** Count the total number of days that you have initiated your non-sexual intimacy contacts in step 1.

**Step 3:** Divide step 1 by step 2. For example, if you had 21 non-sexual contacts with your spouse over 7 days, you would divide 21 by 7 which equals 3.

**Step 4:** Locate the  $\text{Log}_{10}$  key on your scientific calculator. A variation of the Log key is provided below.



**Step 5:** Determine the Log of the number that you found in step 3: In this example, the number in step 3 is 3. The log of 3 equals 0.477121254719662.

**Step 6:** Multiply step 5 by 10. Using the example in step 5 this number becomes 4.771212547196624.

**Step 7:** Subtract 1 from step 6. Using the example in step 6 this number becomes 3.7712112547196624.

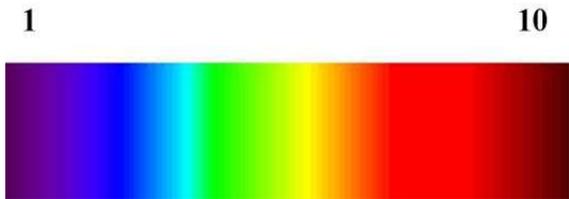
**Step 8:** Round the number in step 7 up to 4 since there is a seven after the first number. If the number after three was less than 5, then we would round down to 3.

**Step 9:** Use the Luveuphoria Table and Luveuphoria Scale to determine your Luveuphoria Factor ( $L_F$ )



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## Luveuphoria Scale



Luveuphoria Table

$L_F$	Range
0	Freezing
1 - 2	Cold
3 - 5	Warm
6 - 7	Hot
8 - 10	Extremely Hot
11 +	Explosive

In this example, the spouses Luveuphoria Score ( $L_F$ ) is 4 which corresponds to warm on the Luveuphoria Table.

### For your convenience we now offer the Luveuphoria Card.

There's one proven concept that I learned – "The best way to keep track of your progress is to have a Luveuphoria Card with you". Given you always have your wallet and your smartphone with you, it is convenient to have your own Luveuphoria Card. You can always carry it in your wallet or your pocket and use it as you need to improve your daily routine.

The Luveuphoria Card includes the Luveuphoria Table and Luveuphoria Scale and is available for \$5 per pair. Contact us at (856) 566-3267 with your order or visit our website - [www.advancedmarriagetraining.com](http://www.advancedmarriagetraining.com) - to complete your order.