



FOR IMMEDIATE RELEASE

August 21, 2014

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**GO UNDER THE COVERS WITH DISCOVERY FIT & HEALTH FOR *SEXTEMBER*,
A MONTH-LONG EXPLORATION OF SEX IN AMERICA**

-- *SEXTEMBER* programming airs weeknights at 10/9c in September on Discovery Fit & Health; DFH partners with Shape Magazine to bring the conversation to Twitter with real-life and real-time advice--

(Silver Spring, Md.)—Discover what’s really happening between the sheets when Discovery Fit & Health’s annual **SEXTEMBER** programming returns. Every weeknight at 10/9c beginning September 1, Discovery Fit & Health will encore provocative programming from Discovery’s complete library of content, offering a sneak peek behind bedrooms doors to explore unconventional relationships, bizarre practices and mysterious sexual health conditions. Throughout the month, learn about common dysfunctions and get sex advice from Dr. Laura Berman from *In the Bedroom*, while Lisa Ling reveals sex subcultures in select episodes of *Our America*. Specials look at unique sexual health issues such as *100 Orgasms a Day* or *Sleep Sex*, while *Sex Robot* and *Secret Sex Lives* explore alternative sexual preferences. Last but not least, lighten up a bit with OMG! episodes of *Sex Sent me to the ER* and *Untold Stories of the ER: Sex Edition*.

To engage fans beyond the shows, Discovery Fit & Health and Shape Magazine have partnered to host weekly one-hour Twitter chats featuring expert insights to address all the sex questions you never thought to ask. Curious minds can join the **#Sextember #Sex_Talk** conversation every Monday at 10/9c via [@disc_health](https://twitter.com/disc_health) and [@shape_magazine](https://twitter.com/shape_magazine) to learn more about topics such as: sex Q&A for new moms, sex at all ages, sexual health and anything else fans aren’t too timid to ask.

“With no topic too taboo, **SEXTEMBER** reveals what *really* happens when the lights go out – from the birds and the bees to Kama Sutra and STDs,” said Jane Latman, General Manager of Discovery Fit & Health. “With both jaw-dropping programs and those that highlight perplexing medical conditions, Discovery Fit & Health is where viewers can turn to for a little more schooling than what was taught in sex-ed.”

The lineup of encore **SEXTEMBER** programming is as follows (*subject to change*):

MONDAYS

SEX SENT ME TO THE ER

Valentine's Surprise: *Episode airs Monday, September 1 at 10/9c*

This series provokes curiosity and provides raw entertainment with embarrassing, outrageous sex stories that have landed couples in the ER. In this episode: a man gets a Valentine's surprise when he breaks out in a rash after intimacy with his girlfriend; a professional fighter incurs a major injury in bed; and a man dressed as a vampire comes to the ER with a concussion, but his girlfriend can't remember the cause.

IN THE BEDROOM WITH DR. LAURA BERMAN

Dr. Laura Berman wants you to have great sex. A relationship expert, sex therapist, New York Times Bestselling author and Sirius XM radio show host, Dr. Berman makes house calls to help troubled couples uncover what's really going on between the sheets. From the wife unwilling to relinquish her sex toys to the husband whose penis is too large for comfort, no issue is off limits with Dr. Berman.

Sex and the Laundry Basket: *Episode airs Monday, September 8 at 10/9c*

Becky and Steve began as a happy couple with a very active sex life, but once Steve became "Mr. Mom" and Becky took over control in the relationship, Steve's ability to bring her to orgasm faded, and she began seeking assistance from the laundry basket.

Sex, Stress and Erectile Dysfunction: *Episode airs Monday, September 15 at 10/9c*

Brett and Trisha are overwhelmed by the stresses of everyday life, and the buildup combined with a lack of communication has caused Brett to develop erectile dysfunction with Trisha contemplating an affair.

Sex, Loss and Resentment: *Episode airs Monday, September 22 at 10/9c*

When Jeff's mother passed away while he and his wife Kim were on a vacation, he never forgave her for not being at his mother's side. The once happy couple began a silent war where their anger and resentment jeopardized their marriage. Can Dr. Berman save them with a few role-playing exercises?

Sex, Finance and Rapid Climax: *Episode airs Monday, September 29 at 10/9C*

With mounting financial stresses causing a disconnect between them, Dave has begun to struggle with premature ejaculation and his wife Toni struggles desperately to keep the marriage together for the kids.

TUESDAYS

OUR AMERICA WITH LISA LING

From religious movements to sex offenders to drug addiction and online brides, **OUR AMERICA WITH LISA LING** takes viewers along for an in-depth look at some of the most controversial and thought-provoking issues in the United States.

Shades of Kink: *Episode airs Tuesday, September 2 at 10/9c*

Lisa Ling goes beyond the best-selling fantasy novel, *Fifty Shades of Grey*, to explore the real world of BDSM: bondage and discipline, dominance and submission, and sado-masochism. What she finds is a kinky truth far more complicated than fiction.

Swingers Next Door: *Episode airs Tuesday, September 9 at 10/9c*

An estimated 15 million Americans are active in the "swinger" lifestyle. From house parties in suburban Arizona to swingers' clubs in Nashville and workshops in LA, we explore what's at stake when couples test their sexual boundaries and learn to swing.

Amateur Porn: *Episode airs Tuesday, September 16 at 10/9c*

Every day, people are creating erotic videos and uploading live sex sessions in bedrooms across the U.S. This is the story of amateur porn and the secret lives of men and women who have chosen to share their sex lives with the world, for better or worse.

I Love You & You & You: *Episode airs Tuesday, September 23 at 10/9c*

Can you imagine being happily married and still dating someone else...with your spouse's consent? There are half a million Americans practicing polyamory, and Lisa Ling meets three families who are pushing the limits of love, commitment, and family.

Modern Polygamy: *Episode airs Tuesday, September 30 at 10/9c*

In a journey to Centennial Park, Arizona, Lisa Ling visits one of America's most closed-off communities, and is granted unprecedented access to a group of modern-day men and women who are living in plural marriages – and professing to love it.

WEDNESDAYS

SECRET SEX LIVES

This series of specials delves into a mysterious world profiling couples as they juggle marriage, family commitments and careers – all with a secret fetish reserved solely for the bedroom.

Supersized Sex: *Episode airs Wednesday, September 3 at 10/9c*

Can you ever have too much of a good thing in the bedroom? In this hour, explore several individuals who believe bigger is better. From a woman with record-setting "natural" breasts to a couple with a "large sexual appetite," when it comes to sex, size is everything.

Unusual Sex: *Episode airs Wednesday, September 10 at 10/9c*

Most people are familiar with sexual attraction, but what if the object of your affection is actually an object? From a man who literally loves his car to a woman who knows how to *manhandle* men, when it comes to sex, beauty lies in the eye of the beholder.

Swingers, Part 1: *Episode airs Wednesday, September 17 at 10/9c*

Swingers, Part 2: *Episode airs Wednesday, September 24 at 10/9c*

Meet several couples that participate in the swinging lifestyle. Hali throws a party to introduce her friends Jayson and Heidi to the lifestyle. Rebecca, now engaged, is feeling guilt and visits a pastor to come clean about her new lifestyle.

THURSDAYS

HIDDEN IN AMERICA

Swingers and Lovers: *Episode airs Thursday, September 4 at 10/9c*

Each episode of **HIDDEN IN AMERICA** travels behind the veil of secrecy to explore a members-only world, featuring first-hand insights to reveal little-known facts and breathe a gripping reality into communities largely shrouded in mystery. In this episode, wedded couples add spice to their relationship by inviting strangers into their beds, while married moms carry on stable relationships with up to four different partners at once.

SEX ROBOT: *Special airs Thursday, September 11 at 10/9c*

Explore the secretive and little understood world of robot fetishists by following three men who dream of sex, love and even marriage with a robot. Plus, meet the inventors vying to bring them the world's first sex robot.

100 ORGASMS A DAY: *Special airs Thursday, September 18 at 10/9c*

Meet three women whose lives have been turned upside down by the physical urge to have orgasms, sometimes up to 100 times a day. These women suffer from a rare condition known as Persistent Genital Arousal Disorder also known as PGAD. PGAD turns pleasure into pain, as sufferers must alter their lives and learn to live in a constant state of unwelcomed arousal.

SLEEP SEX: *Special airs Thursday, September 25 at 10/9c*

This film follows four different people's lives touched by the condition *sexsomnia*, a sleeping disorder over which they have no control and no memory of their sexual behavior during sleep.

FRIDAYS

SEX SENT ME TO THE ER

Sticky Situation: *Episode airs Friday, September 5 at 10/9c*

A couple turns alone time at a pool party into a fiasco that gets them busted; a doctor rejects a request from a man looking to score meds, only to wind up treating him anyway; and an adventurous couple gets into a sticky situation that ends in the ER.

It Was a Doozy: *Episode airs Friday, September 12 at 10/9c*

A 440lb virgin sends his girlfriend through the wall and to the ER after his first time; a rock and roll bandleader collapses in the middle of a peak performance; a man with a broken penis has complications when his wife and girlfriend arrive at the ER.

UNTOLD STORIES OF THE ER: SEX EDITION

Sex Edition, Part 1: *Episode airs Friday, September 19 at 10/9c*

Sex Edition, Part 2: *Episode airs Friday, September 26 at 10/9c*

Get an intimate look at the untold stories of patients who landed in the ER after sex-related injuries. From life-threatening to the light-hearted, mysterious to bizarre, hear their outrageous stories, as told through the eyes of the doctors.

Discovery Life Channel will debut on January 15, 2015 in 47 million homes on the current Discovery Fit & Health platform. Profiling ordinary people in extraordinary situations, Discovery Life presents an unfiltered look at real relationships – from patient and doctor to husband and wife or parent and child – while also emphasizing on people as they face hardships, take risks and ultimately, persevere. Discovery Life will fuse the most successful current programming from Discovery Fit & Health's library of health, medical and factual programming with new series that explore life's unexpected challenges and the moments that really matter. The network is overseen by Henry Schleiff, Group President of Investigation Discovery, Destination America, American Heroes Channel and Discovery Fit & Health with Jane Latman at the helm as General Manager.

About Discovery Communications

Discovery Communications (Nasdaq: DISCA, DISCB, DISCK) is the world's #1 pay-TV programmer reaching 2.7 billion cumulative subscribers in more than 220 countries and territories. Discovery is dedicated to satisfying curiosity, engaging and entertaining viewers with high-quality content on more than 210 worldwide television networks, led by Discovery Channel, TLC, Animal Planet, Investigation Discovery and Science, as well as U.S. joint venture network OWN: Oprah Winfrey Network. Discovery also controls Eurosport International, a premier sports entertainment group, including six pay-TV network brands across Europe and Asia. Discovery also is a leading provider of educational products and services to schools, including an award-winning series of K-12 digital textbooks, and a digital leader with a diversified online portfolio, including Discovery Digital Networks. For more information, please visit www.discoverycommunications.com.

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