

## Your Sex Drive:



Shouldn't Slow... Good  
News for Men and Women

---

### 1. Regular Sex Means Longer Life, Heart Health

Regular and enthusiastic sex is good for you, finds a 10-year study conducted by the Irish and published by the Brits in the British Medical Journal. Sex offers a host of benefits including increasing life span, boosting the immune system, and aiding pain relief, urinary control, and weight loss.

For over a decade, researchers from Queens University in Belfast followed the sexploys of about 1,000 middle aged men of comparable health and financial backgrounds. They discovered that men who had the highest frequency of orgasm had half the death rate. A follow-up to the Queens study found specifically that men can reduce their risk of stroke or heart attack by half by having sex three or more times a week.

Other studies have claimed additional benefits of intercourse several times a week for women as well as men:

- Improved sense of smell. It seems that after sex, there is a surge in the production of a hormone that makes stem cells in the brain develop new neurons in the brain's olfactory bulb.
- Better fitness. Intercourse burns about 200 calories, which is the equivalent of running 15 minutes on a treadmill.
- Depression relief. An American psychologist reported that sexually active women whose male partners did not use condoms were less prone to depression than those whose partners did. The theory is that prostaglandin, a hormone found only in semen, is absorbed in the woman's genital tract and modulates female hormones.
- Pain relief. Levels of the hormone oxytocin surge to five times their normal level during sex, triggering the release of endorphins and thereby relieving the pain of everything from headaches to arthritis to migraine. It even prompts the production of estrogen, which reduces pain from PMS.
- Immune system boost. A study from Wilkes University in Pennsylvania shows that individuals who have sex several times a week have a 30 percent higher level of an antibody called immunoglobulin A, which boosts the immune system.
- Bladder control. Sex has been shown to improve bladder control because the same muscles used for bladder control are exercised during sex.
- Lessens cancer risk. Sex makes prostate glands less vulnerable because it flushes out any concentrated carcinogens that might be hanging around.

One doctor, in typical British understatement, summed everything up when he said, "The relationship found between frequency of sexual intercourse and mortality is of considerable public interest