

ANTI-AGING & HEALTH BENEFITS OF SEX

Diane Dorough

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Does frequent sex contribute to good health, or does good health make frequent the case for the antiaging effects of sex after surveying the available literature.

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Sex Is Anti-Aging - Rehealth Regenerative Therapies

This Might Be The Best Sex Toy Review Of All Time Sex boosts the anti-ageing hormone dehydroepiandrosterone (DHEA for short phew).

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Use it if you need to and make it part of the fun. Email Address Sign Up There was an error. Orgasms spike levels of DHEA, a hormone that some suggest improves brain function, helps maintain and repair tissue, and promotes healthy skin. Anysurgicalprocedurethataffectsyourpelvisandyourcentralnervoussystem While there hasn't been a lot of research on the matter, what has been done indicates that having more sex may increase how long you live—surely welcome news to. If you and your partner are able to resume pleasurable lovemaking in a pressure-free environment, you'll be reassured that the underpinnings of your sexual relationship are sound. Advertisement - Continue Reading Below.

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