



Health Benefits of Sex

Lola Berry 02/06/10

Health Benefits of Sex:

- Having sex can reduce fever because of the sweat produced
- Sex is also a pain reliever. Immediately before an orgasm, levels of the hormone oxytocin rise by five times resulting in a huge release of endorphins. These chemicals can calm pain from a headache, to arthritis and even migraines.
- Migraines disappear because the pressure in the brain's blood vessels is lowered while we have sex
- Boosts immunity: having sex once or twice a week has been linked with higher levels of an antibody called immunoglobulin A or IgA, which can protect you from getting colds and other infections
- Sex burns calories! Thirty minutes of sex burns 85 calories or more. Ripper form of exercise! To put this into perspective, a chocolate bar has around 149 calories...!
- Sex Improves Cardiovascular Health + Speeds Metabolism: It stimulates blood flow throughout the body promotion circulation
- Sex Improves Intimacy: Having sex and orgasms increases levels of the hormone oxytocin, the so-called 'love hormone'. This helps us bond and build trust.
- Sex Reduces Pain: As the hormone oxytocin surges, endorphins increase and pain declines. So if your headache, arthritis pain or PMS symptoms seem to improve after sex, you can thank those higher oxytocin levels!
- Sex promotes glowing skin due to endorphin release

Out on the town!

- Gin, Vodka and White wine are your best options. A clear spirit is generally less refined, easier for the body to assimilate
- Vodka + Pineapple Juice: Vodka is one of the healthiest of spirits, the pineapple juice contains a digestive enzyme called bromelain which helps the body break down the alcohol
- Drinking organic wines will result in a 'kinder' hangover due to the lack of sulphates and organic wines haven't been sprayed with pesticides
- Champagne: bubbles get into the bloodstream quicker and thus makes you feel the effects of alcohol a lot quicker! Beware!
- Steer clear of 'alco-pops' as they have stacks of sugar, artificial colours, flavours and are highly refined
- Try putting lemon in your alcoholic beverages as it protects your liver before and after drinking!
- Water, water, water! Drink lots of it during the night and the next day – it will particularly be your best friend the next morning!

For more: www.lolaberry.com

Lola on Facebook: <http://www.facebook.com/pages/Lola-Berry/71925056116?ref=ts>

Lola on Twitter: <http://twitter.com/yummololaberry>