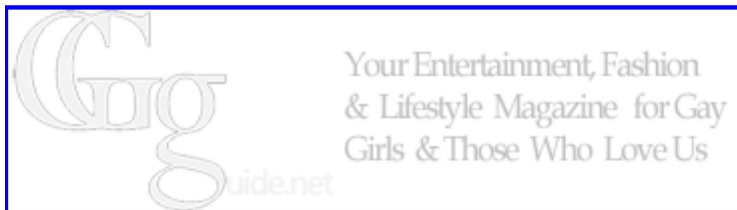


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## [As If You Need Any More Reason To Desire Sex....?](#)

Posted on 01. Mar, 2010 by [admin](#) in [Dating & Sex](#), [Features](#)

By: Simone McGill

At least one of your female friends has never experienced an orgasm. She's missing out on the obvious. But what if I told you, she may not be as healthy because of it? Okay, might be a stretch, but it **IS** in fact true that orgasms do great things for your body.

While you're experiencing the big 'O', your heart pumps faster, breathing becomes heavier, and more importantly, your body naturally releases 'good hormones.' Prior to the climax, your body makes higher levels of DHEA, a steroid that your adrenal glands produce. These hormones are known to improve or regulate your body, including your cardiovascular system, immune system, and even your fat metabolism.

Dr. Winifred Cutler, a behavioral endocrinologist states, "Women who engage in weekly sexual activity have higher levels of estrogen in their blood, which can... lower bad cholesterol and increase the level of good cholesterol, add to bone density, and give you suppler skin." Blah, blah, blah...yes orgasms add to beautiful skin! You mean to tell me, anti aging cream has nothing on sex? That beats any over the counter product I've ever bought.

***“Women who engage in weekly sexual activity have higher levels of estrogen in their blood, which can... lower bad cholesterol..”***

***So why else should you be thinking about getting in between the sheets?***

We all have a friend who complains about their weight. It turns out that aside from the calories we burn during sex, (for some, that's enough of a reason to engage often), sex creates a chemical called serotonin, which helps to reduce cravings. It also helps with calming anxiety, relieving depression and also helps with sleep. So think about it ladies: When your boo offers to 'put you to bed', you just may want to consider it.

I'm really not trying to convince you on purpose, but I must say, sex is a great way to relieve stress. Even better, orgasms release endorphins that are like natural pain killers. (Yet, another reason to save your cash for the drug store, and hit the bed with your partner instead.) Headaches, cramps, bad day at work... all good excuses to get a little action.

For the ladies who are single with no partners to help you achieve the big 'O', please don't feel left out. Self pleasure, or masturbation, gives you the same results. Some women only experience their climax via self pleasure. (Don't knock it 'til you've tried it!) When you do get the opportunity to aim for an orgasm with your partner, however, don't be afraid to teach her the tricks that make you tick...which leads me to my next point.



We're all probably guilty of this, but it is NOT in our favor to fake orgasms. Take the time to teach your lover all the fine things that help you reach your climax. Sex, without the orgasm, can be just as satisfying. Don't concentrate too much on getting there; that's a distraction. Lose yourself in the moment (of course be safe and smart about this), but that's the secret to the big 'O'. There may be physiological or emotional reasons in your past that can prevent full arousal, but that's a TO DO LIST item, worth working towards.

So I've touched on the many reasons to run for your bedroom, or (any part of the house for those who like a little excitement). You increase your chances of healthy skin *aka* the 'after-glow'; weight control, improves immune system, reduces anxiety, is a natural pain killer, and alleviates stress. The next time your partner is in a bad mood, share your ingenious idea that sex will make her feel **a lot** better! Sorry in advance if she doesn't appreciate the comment at first, but she'll be sure to thank you later!!

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