

## Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



### Sex

A good sex life is one way to stay happy, healthy and fit.

For example, sex can actually cause you to get fewer colds. Research has shown that couples who have sex weekly have a 30 percent increase in immunoglobulin A, an antibody that fights infection. Sex can also help women have a more predictable menstrual cycle, as a result of being exposed to male pheromones.

In addition, having sex reduces stress -- for physiological as well as emotional reasons. Sex activates a nerve that has a calming effect. Having sex also lowers blood pressure, which reduces the risk of heart disease.

Sex can even reduce LDL ("bad") cholesterol and increase HDL ("good") cholesterol!

Having sex once a week can benefit your health in nine different ways. They are: Get fewer colds because of an increase in immunoglobulin A, an antibody that fights infection; Women may achieve a more predictable cycle because of exposure to male pheromones; A better physical response to stress; Lower blood pressure, which lowers your risk of heart disease; Lower your bad cholesterol and increase your good cholesterol; Help tone your abs, gluts and pretty much any muscle in your body; Natural increases in estrogen improve the appearance of your hair, skin and nails; Improve your memory because blood flow increases to your brain; Increased feelings of motivation because of the release of endorphins.

And this is actually only the tip of the iceberg. Sex has also been found to boost self-esteem and improve intimacy in your relationship. This is because sex and orgasms result in increased levels of the hormone oxytocin -- the "love" hormone -- that helps you feel bonded to your partner.

As oxytocin increases, so do hormones known as endorphins, which in turn lessens feelings of pain related to everything from headaches and arthritis to symptoms of PMS. It can also help you to get a better night's sleep.

Further, for women, having sex can help strengthen muscles of your pelvic floor (the same ones used to stop urination). Age & childbirth contribute to weakening pelvic floor muscles, strengthening the pelvic floor through sex reduces your risk of accidents.

Of course, these benefits are assuming you're having sex with a mutually monogamous partner -- otherwise you run the risk catching a sexually transmitted disease.

*Source: Mercola.com*