

## **Emotional and Physical Benefits of Marital Sex**

*More and more studies are showing increased emotional and physical benefits from frequent sex.*

- Lower mortality rates.
- Reduced risk of prostate cancer.
- Improves posture.
- Boosts self esteem.
- Makes a person feel younger.
- Firms tummy and buttocks.
- Keeps spouses connected emotionally.
- Offers pain-relief.
- Gives people a positive attitude on life.
- Reduced risk of heart disease.
- Makes a person more calm.
- Improves fitness level.
- Makes a person less irritable.
- Reduced depression.
- Improved sense of smell.
- Has a therapeutic effect on immune system.
- Better bladder control.
- Relieves menstrual cramps.
- Helps people sleep better.
- Improves digestion.
- Healthier teeth.
- Helps folks remember more.
- Produces chemicals in the brain to stimulate the growth of new dendrites.
- Lowers the level of cortisol, a hormone that can trigger fatigue and cravings.
- Lowers feelings of insecurity.
- Increases level of commitment.
- Less-frequent colds and flu.
- It can help people achieve weight loss since about 200 calories are burned during 30 minutes of active sex.
- Studies are also showing that it is a myth that abstinence can sharpen a person's competitive edge.