

21 Amazing Reasons Why You Should Make Love Every Day



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Forget anti-wrinkle creams, research claims SEX can make you look seven years younger – but that's not the only benefit. If you thought that the only benefit of sex was, well, pleasure, here's some news for you. Making love is good. And making love regularly is even better. Not only does it help you sleep well, relieve stress and burn calories, there are also several other reasons why you need to have sex more often. Stressed, burdened with life's difficult problems and fear that your health is declining? Then sex is the answer to happiness, longevity and a healthy body. You don't agree?

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According to the latest studies, regular sex can provide some incredible boosts to your health and well-being.

1. Look younger

Last week, Dr David Weeks, clinical neuropsychologist at the Royal Edinburgh Hospital, revealed to a psychology conference that his extensive research had found older men and women with an active love life looked five to seven years younger than their actual age. But you don't have to be at it every night to enjoy youth-enhancing effects! In fact, during his 10-year study, Weeks found quality was as important as quantity, with the anti-ageing benefits stronger if the sex was classed as "loving".

2. Boost your fertility

This will sound like music to most men's ears – studies have found that the more often you make love, the better quality your sperm will be. If you're trying to conceive, you increase the volume of semen if you have sex regularly. Regular sex replaces old sperms from the testicles. If there is a natural build of sperms it can lead to DNA damage. Keep sperm fresh and in tip-top shape by having sex everyday, and not only around the time of the woman's ovulation.

Frequent sex has also been found to help balance a woman's hormones and regulate her periods, which can further boost chances of conceiving.

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3. Fight colds and flu

Having sex everyday has been found to raise your body's levels of an antibody called immunoglobulin A, or IgA, which can protect you from colds and flu. One study found people who have sex more than once a week have 30% higher levels of IgA than those who abstain.

4. Disease-proof your body

Having high levels of the natural steroid DHEA, known as "the

anti-ageing hormone”, is believed to be key to keeping your body fitter for longer. During sex, DHEA is secreted throughout the body, and after an orgasm, the level in the bloodstream soars to five times its normal amount.

5. Lengthen your life

A study carried out in Australia found people who climaxed at least once a day had a 50% lower chance of dying for any medical reason than those who only climaxed once a week or month.

6. Shift your middle-age spread and keep fit

Thirty minutes of vigorous sex burns up to 100 calories, which is the same as a small glass of wine. And if you have active sex on a regular basis, you’ll burn an extra 5,000 calories a year! Varying your positions is also a great, fun way to tone different muscle groups and keep limbs lean and flexible.

7. Ease those nasty period cramps

Many women say period pain diminishes if they do the deed during a cramp attack. One theory why is that muscle contractions that occur when you reach peak levels of excitement relieve tension in the muscles of your uterus – the ones that cause menstrual cramps – therefore easing the pain.

8. Helps lower your risk of incontinence

Good sex is a great workout for a woman’s pelvic floor muscles – the muscles that control orgasms and also stem the flow of urine, reducing leakage and incontinence. Pregnancy and the menopause can weaken these muscles significantly, but the stronger they are, the lower your risk of developing stress incontinence and prolapse later. And let’s face it, sex is far more enjoyable than the chore of doing pelvic floor exercises on your own!

9. Prevent a heart attack

Lots of studies have found that regular sex can ward off heart attacks, not bring them on as it was once feared. One study at Queen's University Belfast found that having sex three times a week could halve your risk of having a heart attack or stroke. Another study in Israel found that women who had **two orgasms a day** were up to 30% less likely to have heart disease than those who did not enjoy sex or didn't have an orgasm.

10. Increase your attractiveness to others

High sexual activity makes the body release more pheromones, chemicals that enhance your appeal to the opposite sex. This is why the more sex you have with your partner, the stronger your desire will be to have sex with them again.

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