

21 Amazing Reasons Why You Should Make Love Every Day

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.