

HEALTH BENEFITS OF ORGASMS

Dr. Jolene Brighten

1

LIVE LONGER

Frequent sex & orgasms have been associated with decreased mortality.

2

LOOK & FEEL YOUNGER

Orgasms release anti-aging hormones that makes your skin glow and reduces the effects of pro-aging hormones.

3

DECREASE AUTOIMMUNE SYMPTOMS

Regular sexual activity shifts the immune system into balance.

4

IMPROVE YOUR MOOD

Orgasms reduce anxiety, including social anxiety, and help improve your mood.

5

INCREASE CIRCULATION

Orgasms and sex increase circulation to the pelvis and combats the effects of sitting.

6

DECREASE STRESS

Orgasms help reduce stress hormones and releases hormones that promote relaxation.

7

EASY PERIODS

Regular sex makes for regular periods and eases menstrual cramps.

8

HEADACHE RELIEF

Orgasms have been shown to be beneficial in reducing or eliminating migraines and cluster headaches.

9

BOOST FERTILITY

Women who engage in regular sexual activity have more favorable fertility markers compared to those practicing abstinence.

10

BETTER SLEEP

Orgasms release natural sleep enhancing chemicals to help you get more rested sleep.

The Of Orgasms

M Woodhall



The Of Orgasms:

Reviewing **The Of Orgasms**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**The Of Orgasms**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

<https://archive.kdd.org/public/virtual-library/Documents/spelling%20connections%20teacher%20edition.pdf>

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The Of Orgasms Introduction

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