

Five-Minute Stress Relief.com

Newly Discovered Physical Benefits of Orgasms

There have been some new studies that identify physical benefits that result from the orgasmic process in addition to the increasing of longevity, as cited in *Sexual Orgasm Increases Longevity* (also in this section).

Benefits To The Heart

During arousal and orgasm the body produces DHEA, a naturally occurring hormone that is secreted into the bloodstream. Research has shown that DHEA works to keep arteries clear and strengthen hearts. In a study of 1,700 middle-age men, those men with the lowest levels of DHEA were 60% more likely to develop heart disease than sexually active men with high levels.

Benefits to the Physical Comfort

In some colorful lab studies, women, who had vibrators applied to the vaginas, were capable of bearing more pain. And when their stimulation led to orgasm, their capacity for pain doubled! Another small study found that orgasms enabled relief for women who suffer from migraines.

Benefits to Men's Prostates

Two big medical studies, conducted in 2003 and 2004, confirmed that middle-age men, who were highly sexually active in their 20s and 30s (enjoying at least four orgasms a week), now had a reduced risk of prostate cancer by a margin of one-third. Doctors theorize that ejaculations may clear the prostate of carcinogens.

Benefits to Breasts

During sexual arousal and orgasm, a hormone called oxytocin is released (see *The Chemistry of Lust and Love* in this section). Now this hormone has been connected to a reduced risk of breast cancer. What's more, this applies not only to women, but also to men. A study in Greece discovered that men with a history of fewer orgasms contracted breast cancer, as opposed to men who experienced more orgasmic activity. An earlier study speculated that the hormone oxytocin works to flush out carcinogens from breast fluid.

Overall Health

A 10-year study from Wales, which is an additional study to those cited in *Sexual Orgasm Increases Longevity*, revealed that men who had two or more orgasms per week were at half the risk of dying than other less sexually active men. Similar results were also found in the studies presented in the other referenced article.

© 2009 Five-Minute Stress Relief - All Rights Reserved

Sources: Want Yet Another Reason to Have Sex? Link Between Regular Sexual Activity and Longevity *Psychology Today Magazine* Mar/Apr 2001 Article ID: 15 **Human Growth Hormone (HGH): Does it slow aging process?** *Mayo Clinic* Feb. 23, 2007 (www.mayoclinic.com) **Oxytocin is a Cardiovascular Hormone** *Brazilian Journal of Medical and Biological Research* 2000 Jun;33(6):625-33 **Oxytocin Releases Atrial Natriuretic Peptide by Combining with Oxytocin Receptors in the Heart** *Proceedings of the National Academy of Sciences* October 14, 1997 vol. 94 no. 21 11704-11709 **(Oxytocin) Breast Cancer Research and Treatment** *Springer Netherlands* ISSN 1573-7217 (Online) April 05, 2002 **Sexual Factors and Prostate Cancer** *British Medical Journal* Volume 92 Issue 3 Pages 211-216