

Health Benefits of the Male Orgasm

We all know that sex is, sometimes, the best part of a relationship, but not many people realize that there are other benefits to sex than the usual 30 seconds of pleasure. In fact, sex can be very accurately described as the glue that brings and holds together other aspects of a relationship between two people. And since orgasm is the goal of every hot sex session, it might be worthwhile to take a closer look at it. Because pleasure is more than just something that makes us feel good here and now.

What is less known in orgasm is the fact that certain health benefits are attached to it. Although this may sound surprising, there is scientific evidence to back up such claims. Over the past 50 years, a number of studies have shown that orgasm is just as important for the overall health of men as any other function of their bodies.

In the early 1950s, Doctor Alfred Kinsey started releasing his large-scale studies into the sex lives of men and women that made him famous all over the world. One of the Kinsey reports showed data that led the doctor to believe that sex reduces stress and that people who have frequent sex and orgasms are less violent and less hostile than those who seldom engage in sex. This means that sex and orgasms have a long-term effect of calming down a person and helping keep the psychological balance.

Moreover, later studies showed that frequent sex and orgasms translate into lower death rates for both men and women and also lower risk of heart attacks. In other words, it's in your best interest to have sex often. American Doctor Ted McLivenna found that sexually active people draw far more joy from their lives than others. They also take fewer sick leaves, which should please every businessman. Gynecologist Dudley Chapman contended that orgasms help the body fight infections, a proposition supported by psychologists from the Wilkes University.

More recently, a study conducted in Melbourne, Australia, found that frequent ejaculation between the ages of 20 and 50 helps dramatically decrease the risk of prostate cancer in men. This study ties with other research and suggests that regular orgasm in males prevents painful urination in old age. According to these studies, frequent male ejaculation is crucial for avoiding many prostate-related problems. Although there is still a lot of work to be done before science can provide us with a definitive link between ejaculation and a lower risk of prostate cancer, it's obvious that a normal sex life has a positive effect on the overall health.

So there you have it, people. It's plain to see that humans were meant to have sex often and to enjoy it a lot. The body and the mind suffer without the frequent combination of exertion and release brought by sex and orgasms. This should not be taken as advice to have sex anywhere and with anybody. There are still dangers that you need to protect against. But neither should you avoid sex because there are so many other things to be done. Between having sex and taking pills, the choice is easy.

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About the Author

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