

Researcher: Regular Sex Makes You Look Younger

A British researcher claims that regular sex could be the secret to looking up to seven years younger.

Dr. David Weeks, former head of old age psychology at the Royal Edinburgh Hospital, spoke on July 5 at a British Psychological Society conference about the health benefits of sex, especially for older people.

Weeks claims that regular sex can shave off between five and seven years because it releases endorphins, the “feel good” chemical that acts as a natural painkiller and reduces anxiety; boosts circulation, which is good for the heart; and also causes human growth hormone to be released, which makes the skin look more elastic, reports *The Telegraph* in the U.K.

“My message is that lovemaking is good,” Weeks said in a press release. “The stereotype of an elderly person is that when they get their pension and bus pass, they stop having sex, and that’s not true.”

“Sexual satisfaction is a major contributor to quality of life, ranking at least as high as spiritual or religious commitment and other morale factors, so more positive attitudes toward mature sex should be vigorously promoted,” he added.

“Sexuality is definitely not the prerogative of younger people and nor should it be.”

Weeks cites a Welsh heart disease study from 1997 that found mortality risk was 50 percent lower in a group of men who had orgasms twice a week or more, compared to those who had fewer orgasms.

Prior research has also found an association between regular

lovemaking and a reduced risk of early death.

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