

5 Benefits of Having Sex on a Daily Basis

As if we needed more reasons to have sex, it's actually quite beneficial for your overall well-being. It's been seen that engaging in sexual activity on a regular basis boosts mental, emotional, and physical health.

Aside from getting your rocks off, here are five great reasons you should be trying to have sex regularly:

It improves mental health

Orgasms can be hard to focus on when we're all wound up from the stresses of the day, but the good news is that getting intimate with your partner (even if it's just cuddling) releases oxytocin in the brain. This is the "cuddle" hormone that pairs with dopamine to reduce stress and anxiety almost immediately.

It improves your physical well-being

Exercise is probably one of the single most effective things you can do to help both your mind and body, and depending on the type of sex you're having, you could be exercising a lot. Prolonged sessions of sexual intercourse help condition our cardiovascular system and strengthen muscles in our hips, backs, legs, and core.

It boosts your immune system

When we're having sex consistently, our bodies naturally produce more immunoglobulin A, which helps prevent the onset of sickness and infection. Each time you have sex, you increase the number of these antigens in your body.

It helps you stay young

Dr. David Weeks concluded, after interviewing 3500 people, that having sex regularly is the best way to stave off the effects of aging. He explains that "sex is the **most intense kind of pleasure** and that it triggers certain chemicals. In women, it produces a human growth hormone which helps the process."

Sex is second only to physical and mental activities when it comes to staying youthful.

You can learn to have multiple orgasms

If there's one reason on this list you might want to consider, it's the potential for learning how to have multiple orgasms. **The Kinsey Institute** reports that up to 20 percent of men are capable of achieving multiple orgasms, while the same is true for about 14 percent of women.

Although, in my experience, women tend to be more capable of multiple orgasms than men.

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h/t: **Power of Positivity**