

More Sex Please We're British



[Spiegel Online](#) berichtet: „Die Briten bekommen Sex jetzt staatlich verordnet: Der Gesundheitsdienst NHS empfiehlt den Bewohnern des Inselreichs, sich täglich zu paaren. Nicht etwa, um Spaß zu haben – sondern um sich vor Herzinfarkt und Krebs zu schützen. (...) Die Gesundheits-Empfehlungen hatte der [NHS](#) in einem Artikel mit dem Titel „Get more than zeds in bed“ veröffentlicht, wie die [BBC](#) berichtet. Mittlerweile hat ihn der NHS offenbar aus dem Angebot genommen – er ist nicht mehr aufzufinden.“

Ach ja, *Spiegel Online*, woanders abschreiben, aber nicht die Quellen verlinken. Und natürlich kann man den Artikel auch noch [finden](#) – hier ist er:

Get more than zeds in bed

If you've found yourself struggling to slot a fitness regime into your daily routine – forget about jogging round the

block or struggling with sit-ups, and get yourself a better workout between the sheets!

Why not warm each other up more often this winter with a good bout of 'sexercise' – one form of exercise that you're guaranteed to want to make time for. Sex uses every muscle group, gets the heart and lungs working hard, and burns about 300 calories an hour!

Also, orgasms can actually make you glow with health. The increased production of the hormones will make your hair shine and your skin smooth. And if you're worried about wrinkles – orgasms even help prevent frown lines from deepening.

So, regular romps this winter could lead to a better body and a younger look...as if you needed another excuse!

Feel better

If you're lucky enough to have a healthy sex-life, you probably already know that sex can be good for the soul. But a good lovemaking session can do more than make you smile. When we orgasm, chemicals called endorphins are released into the brain; these 'happy hormones' make us feel instantly calmer and banish stress.

Orgasms even release painkillers into the bloodstream, helping keep mild illnesses like colds and aches and pains at bay, and produce extra oestrogen and testosterone hormones. These hormones will keep your bones and muscles healthy, leaving you feeling fabulous inside and out.

Sleep better

Sex is a great means for feeling happier and less stressed – many people with sleep problems swear by it.

Sex with a little energy and imagination provides a workout worthy of an athlete, leaving your body tired and in need of a good rest to recharge those batteries.

But as well as that, the toptastic, 'post-coital' period after sex may be one of the few times you'll completely let go, surrender and relax. In fact, following a satisfying

session you might find that what's been playing on your mind has vanished, you sleep more deeply and restfully, and awake the next morning ready for seconds...

Live longer

As if you needed another reason to enjoy...sex can actually help you live longer.

The endorphins released during orgasm stimulate immune system cells, which helps combat illness, including cancer. Orgasms also boost your circulation, helping the body rid itself of harmful toxins. Regular sex can even keep your heart healthy and lower your risk of heart attack.