

Importance of a healthy sex life in women

A women's sexuality is inevitably linked to her overall health, happiness, and sense of well being. A healthy sexual life is more than simply being free from sexual dysfunctions, sexually transmitted infections and unintended pregnancies. A women's sexual health helps her maintain, physical shape, intimate relationships, pleasure, and feelings of confidence.

A healthy sex life has shown to be an important predictor of life satisfaction as a whole. However, a good sex life promotes specific health benefits that help promote a healthier lifestyle in women. For example, sex can count as exercise that can burn 75 to 150 calories per half an hour. The release of the hormone testosterone during sexual arousal and orgasms helps women build and maintain bone and lean muscle tissues.

In addition to being a mode of exercise, sex helps improve heart health. The rise in heart rate and blood flow while having intercourse helps keep the heart in shape. It has been found that having sex twice or more within a week reduces the risk of having a fatal heart attack by half. Frequent sexual activity also helps increase the levels of an antibody called immunoglobulin A, which boosts the immune system. As a result, a healthy sex life can help women fight aging and increase their vitality.

Furthermore, sex has been linked to pain management. Professionals believe that the secretion of the hormone oxytocin during sexual arousal and orgasms leads to the release of endorphins. These body secretions enable sex to act as a powerful painkiller that helps women cope with various pains such as headaches, arthritis or PMS symptoms.

Engaging in sexual activity helps promote better sleep by reducing anxiety and stress that often play a role in inducing sleeping problems. The relaxation that follows a woman's orgasm is one of the few times that women allow themselves to completely relax and let go of stress. This relaxation helps women handle stress better, which in turn, provides a more restful and deep sleep.

One of reasons that individuals engage in sex is to boost their self-esteem. Engaging in connected and intimate sex helps women feel good and loved. A women's performance in bed can make her feel more confident, daring and powerful. By accepting their own sexuality, women will develop a positive self-image and self worth that will be integrated in both their relationships and daily life.

Nonetheless, sexual activity helps women discover how their body works and what brings them pleasure. By understanding their sexual desires and changing negative thoughts about their bodies, women will be able to honestly communicate their sexual likes and dislikes to their partners. This communication will encourage a more satisfying, comfortable and playful sexual life within a couple.

A woman's positive approach towards her sexuality enables her to engage in a healthy and pleasurable sexual experience that fosters her personal thoughts, feelings, behaviors and preferences. By being open to a healthy sexual development, women will be able to understand and accept their own sexuality which in turn will help support their relationships, physical health and psychological wellness.

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