

WLOH HEALTH NEWSLETTER

August 2013

10 Surprising Health Benefits of Sex

Being “in the mood” just might help your health. How does a juicy sex life do a body good? Let’s count the ways.

1. Less Stress, Better Blood Pressure

Having sex could lower your stress and your blood pressure. A study found that diastolic blood pressure (the bottom number of your blood pressure) tends to be lower in people who live together and have sex often.

2. Sex Boosts Immunity

Having sex once or twice a week has been linked with higher levels of an antibody called immunoglobulin A or IgA, which can protect you from getting colds and other infections.

3. Sex Burns Calories

Thirty minutes of sex burns 85 calories or more. It may not sound like much, but it adds up: Forty-two half – hour sessions will burn 3,570 calories, more than enough to lose a pound. Doubling up, you could drop that pound in 21 hour long sessions.

4. Sex Improves Heart Health

A 20 year long British study shows that men who have sex two or more times a week were half as likely to have a fatal heart attack than men who had sex less than once a month.

And although some older folks may worry that sex could cause a stroke, the study found no link between how often men had sex and how likely they were to have stroke.

5. Better Self-Esteem

Researchers found that boosting self-esteem was one of 237 reasons people have sex. Those who already have self-esteem say they sometimes have sex to feel even better. Of course, you don’t have to have lots of sex to feel good about yourself. Your self-esteem is all about you – not someone else. But if you’re already feeling good about yourself, a great sex life may help you feel even better.

6. Deeper Intimacy

Having sex and orgasms boost levels of the hormone oxytocin, the so-called love hormone, this helps people bond and builds trust. Higher levels have also been linked

with a feeling of generosity. So snuggle up—it might help you feel more generous towards your partner.

7. Sex May Turn Down Pain

Oxytocin also boosts your body's painkillers, called endorphins. Headaches, arthritis pain, or PMS symptoms may improve after sex.

8 More Ejaculations May Make Prostate Cancer Less Likely

Research shows that frequent ejaculations, especially in 20-something men, may lower the risk of getting prostate cancer later in life.

9. Stronger Pelvic Floor Muscles

For women, doing pelvic floor muscle exercises called kegels may mean more pleasure—and, as a perk, less chance of incontinence later in life. To do a basic kegel exercise, tighten the muscles of your pelvic floor as if you're trying to stop the flow of urine. Count to three, then release.

10. Better Sleep

The oxytocin released during orgasm also helps sleep, research shows. Getting enough sleep has also been linked with a host of other health benefits, such as a healthy weight and better blood pressure. That's something to think about, especially if you've been wondering why our guy can be active one minute and snoring next.

(www.webmd.com)

Happy Birthday!!!!

Morales Pitchenese	Aug. 1
Jerome Shabaquay	Aug. 3
John Ainslie	Aug. 6
Nick Pitchenese	Aug. 7
Danine Chief	Aug. 10
Leonas Favell	Aug. 11
Greg George	Aug. 16
Percy Derosier	Aug. 18
Elvis Esquega Jr	Aug. 21
Daniel Currier	Aug. 21
Chris Morin	Aug. 22
Jonas Esquega	Aug. 24
Linda Nelson	Aug. 24
Waylon Esquega	Aug. 25
Marie Brown	Aug. 28
Marilyn Derosier	Aug. 29
Dillion Esquega	Aug. 31

Recipe of the Month

Layered Tex Mex Taco Salad

What U Need!

- ½ cup miracle whip
- ½ cup light sour cream
- 1 tbspn taco seasoning mix
- 1 can black beans, rinsed
- 6 cups of coarsely chopped iceberg lettuce
- ½ cup sliced red onions
- 1-1/2 cups tex mex shredded cheese
- 1 cup grape tomatoes
- 1 avocado
- ¼ cup loosely packed fresh cilantro

What 2 Do!

- Mix first 3 ingredients until well blended
- Layer beans, lettuce, onions, cheese and tomatoes in large bowl
- Spread Miracle whip mixture over salad; cover. Refrigerate 2 hours
- Chop avocado; spoon over salad just before serving. Sprinkle with cilantro.

Tip

Substitute – for a crunchy topping, substitute 1 cup bite sized tortilla chips for the chopped avocado.

Weird But True Health Fact

There are as many neurons in our brain as there are stars in the galaxy, approximately 100 billion.

(www.hubpages.com)

Eco Living Tip

Wear an extra sweater or use a blanket fore you resort to turning on (or up) the heat.

(www.sheknows.com)

FYI.....

- Open Roads School – 1st day of school – Aug 27th!!!!!!!

Quote of the Month

Every human being is the author of his own health or disease...

-Buddha

August 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Civic Holiday	6	7 Beach Day	8 Chiropody Clinic	9	10
11	12 Beach Day	13	14 Beach Day	15	16 Healthy Living Food Boxes - Delivery	17
18	19 Beach Day	20	21 Beach Day	22 Fall Fair	23 Fall Fair	24 Fall Fair
25	26	27 Grades 7-12 –First Day of School	28	29	30	31 WLON Pow Wow