

Orgasms are good for you

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Two large studies, reported in 2003 and 2004, found that middleaged men who had (or remember having) at least four orgasms a week throughout their 20s, 30s and 40s had a reduced risk of prostate cancer by as much as one-third. Some researchers speculate that ejaculations may clear the prostate of carcinogens.

What's more, orgasms seem to have health benefits for both men and women. They can serve as pain relief from migraines and release DHEA (dehydroepiandrosterone) and oxytocin – hormones that are beneficial to the heart and can also lower the risk of breast cancer.

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