Sex, Longevity, and Hormonal Health

All right, so tip number seven is all about heaven. It's about sex. You know, a lot of people, they think that sex is sex. Sex is not sex, right? A lot of people are like, oh, well, you know, orgasms are really good to help you live long and healthy.

What, you know, some people will say is the people that live the longest, are people that, for men in particular, are people that actually orgasm less.

They'll orgasm once a month and they live a lot longer. So, I don't agree with that statement, but I do think it's important to control your, you know, when you're, having sex.

And I'll talk to you a little bit about that. What we know is that when you abstain from an orgasm, as a male, your your testosterone increases when you have an orgasm for the next 2 to 3 days, your your your testosterone, you know, dramatically decreases.

So for women, it's much better to have, you know, more orgasms and to and to to to enjoy that. However, what I want to talk about is the, the, the different ways that people experience this.

So however, one way is what I would say is, is, is a destructive way in which is through pornography. Now, pornography, I believe, will help you age faster.

It's much it's a very toxic way of getting quote unquote, off. And whether you're a male or female, it actually stimulates the brain in such a way that is not, it's not it's not actually, healthy for intimacy between a man and a woman, or between your partner.

Right. So what it actually does is it creates, you know, separation from your ability to experience a higher level of satisfaction with your spouse. So what I would highly, highly recommend for you to live a longer, healthier life is dump the pornography, right.

Dump all of the the things that are not going to allow for you to be fully brought into the intimacy with the person that you care about, the most. So when you are, you know, making love, this is something that we want to do, on a ideally a regular basis.

This isn't something that we want to do once a month. This is something that we should be looking to do. You know, two, three times a week. Some people.

The people that are some of the top longevity experts in the world, you know, they do this every single day. They're doing some sort of sexual, kind of intimate, you know, thing.

And for me, it's not practical. With all the children that I have and things of that nature. However, you know, if you can do that, if you can be intimate with somebody and it doesn't even need to lead to an orgasm, but just be sexually intimate with them, even if it's just snuggling or being close to them.

That is powerful. This is one of the most powerful things that you can do to help you live longer and healthier. Why? Because the science shows that physical intimacy without the orgasm is still extremely powerful.

It it it creates a slew of peptides and oxy toten, oxytocin, and endorphins and couplings that we don't even have a name for. We can't even understand scientifically. Right.

When you actually have an orgasm, there are things that we don't know, that we don't know that happen inside the

body. But what we do know is that it massively helps you increase your health.

Decrease your blood pressure, increase nitric oxide levels in your body. The list goes on. There's so many positive things, with being sexually intimate, with your partner.

So my prescription to you, is to get away from any kind of over excessive stimulation, such as, pornography and that, and move towards physical intimacy with your spouse, or with your partner and, and be intentional about, you know, doing that.

And so the second thing I would say as an action item for this is to make sure that you are, you are you have time for this at least two to ideally seven times a week.

Okay. So I'm not even there yet, but the goal would be to do this two to 2 to 7 times, a week, with, your, your significant other with, with your loved one.

And this is again, one of the most powerful longevity solutions and strategies. I know this is a little bit of a longer video for one of my tips, but, just looking at all the research there and being around a lot of the experts in the industry around longevity, they keep talking about how important, lovemaking, orgasms and intimacy is, even if it doesn't lead to orgasm.

And how important that, that, that social that that that connectivity. Is. So, go ahead, take action on this. You guys are probably most very excited about this.

Other husbands out there, all the men out there, are excited about this, this video. But, you know, again, you respect the other person. You know, it's it's it's the more that you can serve the other person.

The more I believe enjoyment that you typically get out of it. All right, so my next tip, is a is a very practical tip, but it's it's something that a lot of people forget when they're looking at living a longer, healthier, more vibrant life.

Can't wait to share it with you.