

What about Orgasms and Sex?

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The March / April issue of "Health Matters Magazine" is running the article I wrote to introduce you to the G-Shot, the collagen injection that pumps up the G-Spot. If you would like to review the article, you will find it on this web site under the tab "Library".

Are sexual orgasms and sex in general, good for you? Yes, according to the Journal of the American Medical Association.

Orgasms relieve tension! The changes that occur in a woman's body include faster heartbeat, the increased blood flow and muscular tension result in a relaxing conclusion with an orgasm, and in the process relieve tensions pent up in your nervous system.

Orgasms help you sleep better. In the male orgasm is followed by a rapid drop in blood pressure and sudden relaxation. In women, the change is more slowly progressive, but no less important. Reaching orgasm acts as a tranquilizer, causing the release of endorphins that are very calming.

Orgasms can calm cravings. Sexual stimulation activates the production of phenethylamine, a natural amphetamine made by your body that can regulate your appetite and may even help control nicotine cravings.

Orgasms and sexual activity do burn calories. Sex, if nothing else, is exercise. A vigorous bout can burn up to 200 calories; about the same as running 15 minutes on a treadmill. The pulse rate, in a person aroused, rises from about 70 beats per minute to 150, the same as that of an athlete putting forth maximum effort. British researchers have determined that the equivalent of six Big Macs can be worked off by having sex three times a week for a year. Muscular contractions during intercourse work the pelvis, thighs, buttocks, arms, neck and thorax.

Orgasms can work as natural pain management. Sexual stimulation can cause the body's own natural painkillers, endorphins to be released. Immediately before orgasm, levels of the hormone oxytocin surge to five times their normal level. This in turn releases endorphins, which alleviate the pain of everything from headache to arthritis to even migraine. These naturally produced chemicals can increase pain tolerance by as much as 70%.

Better bladder control: Have you heard of Kegel exercises? You do them, whether you know it or not, every time you stop your flow of urine. The same set of muscles is worked during sex. This results in strengthening of the pelvic floor muscles, improving bladder control.

Fewer bouts of colds and flu: Wilkes University in Pennsylvania says individuals who have sex once or twice a week show 30% higher levels of an antibody called immunoglobulin A, which is known to boost the immune system.

What's The Difference Between Clitoral and Vaginal Orgasms? There has been a long running debate as to whether or not clitoral or vaginal orgasms are “better”. The difference between a "clitoral" and a "vaginal" orgasm lies in where you are being stimulated to achieve orgasm, not where you feel the orgasm. The clitoris is important in elevating feelings of sexual tension. During sexual excitement, the clitoris swells and changes position. The blood vessels throughout the entire pelvic area also swell, causing a feeling a fullness and sexual sensitivity. The inner vaginal lips swell and change shape.

For some women, the outer third of their vagina and the cervix are also very sensitive, or even more sensitive than the clitoris. When these areas are stimulated during intercourse or other vaginal penetration, these women can have intense orgasms. This would be what is referred to as a vaginal orgasm without clitoral stimulation.

What about female ejaculation? Many sexual-health experts still disagree about any actual female ejaculation, but if you've ever experienced one, you know that it is real.

Can women really have multiple orgasms? Many women have multiple orgasms. Masters and Johnson documented this occurrence more than 25 years ago. Theories suggest that muscular contractions associated with orgasms pull sperm from the vagina to the cervix, where it's in a better position to reach the egg. Researchers believe that if a woman climaxes up until 45 minutes after her lover ejaculates, she will retain significantly more sperm than she does after non-orgasmic sex.

In conclusion: In reality, sex and orgasms are a very individual experience, and there is no one correct pattern of sexual response. Whatever feels wonderful to you, whatever makes you feel alive and happy and connected with your partner is what matters. Sex is a very healthy activity.