

HEALTH , Massage AND LONGEVITY



Basically, we can be sexually active until the day we die.

Sexually active people have higher levels of naturally produced sex hormones, so the more sexually active you are, the more you want to continue to be sexually active. In other words, use it or lose it.

If you keep sexually active throughout your life, the physical changes that come with aging maybe less pronounced and sexuality is usually less affected.

In my day by day sessions, I regularly listen to middle aged clients or even younger who have had their libido already declining and who believe this is normal part of aging and accept it. In one hand this may occur due to lack of information and boredom which is probably present in the bedroom. It is fact that if you don't use it, you will lose it.

In West different to Eastern culture, our approach to fixing this is to look at the symptoms and to fix that with some type of medicine or pills prescribed by Drs such as Viagra instead of looking at the underlying causes. Looking at the body as a whole, it is possible to restore one's sexual vitality and libido naturally rejuvenating and revitalizing oneself and reversing some of the signs of age, relieving stress, increasing immunity and self-esteem, reducing some type of pain such as headache among other benefits of a healthy sexual life.

Dr Laura Berman, in the American Medical Journal, has carried out extensive medical research to show the increased benefit that tantric massage and other sensual massage can have on the male organs to help dramatically improve ones love life. Let me help recharge your whole body.