

## Ten Good Reasons to Have Sex (per Yvonne K Fulbright PhD)

- It keeps the immune system humming
- Boosts the libido
- Improves a woman's bladder control
- Lowers blood pressure
- Counts as exercise
- Lowers heart attack risk
- Lessens pain (e.g. Arthritis)
- May make prostate cancer less likely
- Improves sleep
- Eases stress

## Ten Reasons Why I Believe People Don't Have Sex

- Work time eating into play time
- Unnecessary stress causing performance problems
- Prostate issues unaddressed with reluctance to talk with professionals
- Woman's change of life
- Loss of interest
- Post-traumatic stress caused by childhood abuse
- Physical or psychological barriers
- Limiting beliefs
- Obsession with electronic media (cell phones etc.)
- Fear of disease (discuss this with your partner)