

Sex – The Ultimate Elixir of Youth

Why is Sex so Important?

During the 1990s I worked as a sex & relationships writer/broadcaster with a combined audience of several million. I spent a great deal of time talking to people, conducting interviews, and doing empirical research on my readers with the assistance of leading psychologists and sexologists.

I noted that those who remained sexually active as they got older appeared happier and healthier than those who didn't and reported greater stamina, skin and muscle tone, and wellbeing.



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Having worked as a pleasure-positive activist, I am happy to say that Eastern philosophy and Western scientific evidence now back these findings up. Secret Taoist and Tantric texts have revealed references to **amrita**, or the elixir of youth, which is produced during states of high arousal, and which in turn nourishes the body, increases blood flow to the skin, and keeps the internal organs lubricated and supple.

*Pleasure
in all its forms
can keep us ripe.*