

7 Reasons Wives Need TO GIVE THEIR HUSBANDS MORE SEX

Studies show that having an active sex life within the context of marriage packs as many **benefits for women** as it does for men.

1. Better Health



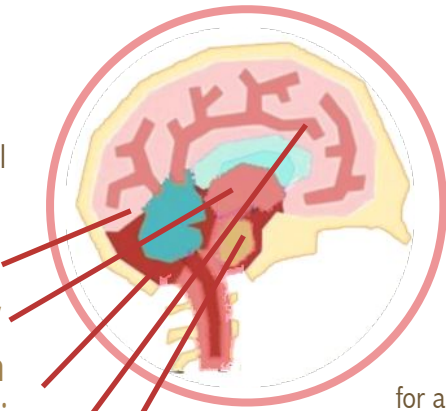
Sex **boosts immune function** & protects against a whole host of diseases.

Sex Increases	Sex Decreases
↑ Immunity	↓ Risk of Cancer
↑ Longevity	↓ Risk of Stroke
↑ Circulation	↓ Heart Disease
↑ Fertility	↓ Hypertension

3. Peace of Mind

Sex promotes good **mental health** as well as **physical health**.

Lessens Stress
Reduces Anxiety
Relieves Tension
Improves Cognition
Alleviates Depression



2. More Youthful Appearance

Couples who have sex **four times per week** look **10 years younger** than their actual age.

- ★ Leaner Muscles
- ★ Stronger Bones
- ★ More Supple Skin
- ★ Thicker, Glossier Hair
- ★ Better Posture
- ★ Increased Confidence
- ★ More Vibrant Energy

4. Marital Stability

Sex does for a marriage what good landscaping does for a house — it **adds beauty** and **protects** the foundation.



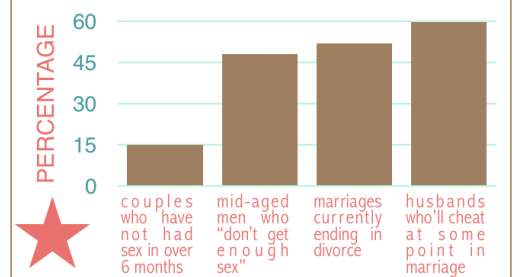
5. Clout and Credibility



You should **save sex until after you're married...**

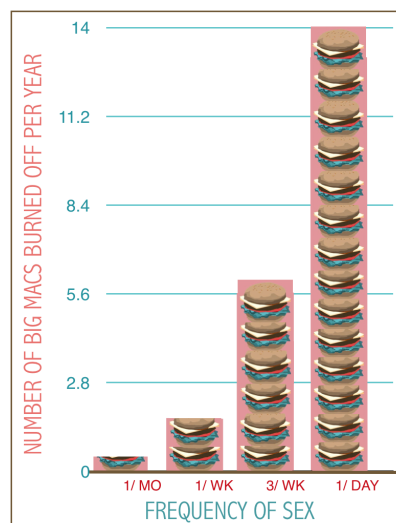
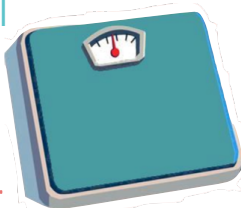
Does your relationship to your husband reassure your kids that **sex is worth the wait**? Or do your constant excuses convince them that they had better **enjoy it while they can**, because once they get married, they'll never see any action?

A Neglected Sex Life Spells Trouble



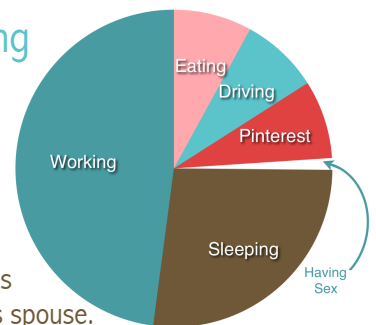
6. Weight Control

Sex **burns calories**, **tones muscles**, and **reduces cravings**.

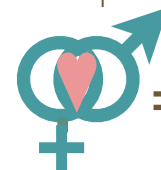


7. Amazing R.O.I.

Very few things in life pay such **incredible dividends** on so small an investment of time as making love to one's spouse.



AVERAGE
15
MIN/DAY



Health + Happiness
LIFETIME