



SEX AND THE SKIN

AN ELIXIR OF
EMOTIONS,
SEX IS
A BEAUTY
TREATMENT

SEX AND THE SKIN AN ELIXIR OF EMOTIONS, SEX IS A BEAUTY TREATMENT

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This **Tatchme® SEX e-book** explains the connection between skin health and how well-being can prolong sexual health during the years. A topic not too many people talk about.

We are Tatchme®: committed to finding solutions to add years to our lives as well as being passionate about adding life to our years.



Please feel free to post this e-book on your blog or email it to whomever you believe would benefit from reading it. Thank you!

Official disclosure: Although this e-book discusses some medical conditions, in no way it does take the place of advice and care from your medical professional.

SEX AND THE SKIN *AN ELIXIR OF EMOTIONS, SEX IS A BEAUTY TREATMENT*

We enter this world alone.
We leave it pretty much the same way.
And in-between, a dance we call life.
Problem is it takes two to Tango.
So we look for signs; something to help us to find our perfect partners.
A smile, a wave.
But we have to be careful;
because while some signs can be misinterpreted, others can be missed completely...
Some dances you sit out. Others you change partners.

The important thing is...you never stop dancing.



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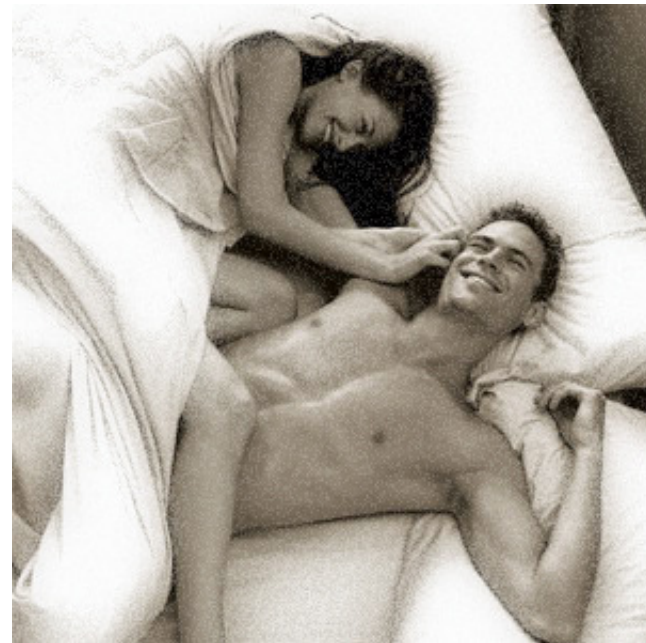
The Secret Link Between Skin And Sex

Being in love and being loved back and having a good sex life is extremely good for the skin.

In fact, the way you cope with life – your temperament and whether you can handle your problems or not – can also show significantly on your face and body. Losing your temper on a regular basis can age you. You have only to look in the mirror after a lovers' quarrel, tears or no tears, to see its affect on your looks. What you see is that your skin is disturbed by signals sent from the brain.

Further, the health of our skin has a huge connection with our overall physical health – and our sex lives!

Making love is a real skin experience: the unbelievable power of human touch. Touch gives us a the sense of security, belongingness, acceptance, love and confidence. The experience of touch linked to a thought is really what an emotion is. Our skin is a seat of emotions. We can influence emotions and feelings and desires through our skin... after all, **sex is an emotion in motion!**



The Secret Link Between Skin And Sex



There is a *scientific explanation* for all this. Before birth, at the embryo stage, we are two things, the *ectoderm* and the *endoderm*. The *ectoderm* becomes the skin organ, the largest organ of the body, which wraps up the *endoderm*, our insides. As the nine months progress, part of the *ectoderm* becomes the brain, creating a **link between brain and skin that is far more intimate than that between the brain and any other organ of the body.**

Make Love, Look Younger!

People who make love three times a week look between four and seven years younger *

This is because sex is an aerobic form of exercise that promotes skin renewal. Vigorous action during sex means higher levels of oxygen are being pumped around the body, bringing blood flow and nutrients to the skin's surface.

Thanks to blood being pumped around the body, fresher skin cells lying deep down in the skin are pushed up higher to the surface of the skin.



* According to research carried out at the Royal Edinburgh Hospital

10 Surprising Health Benefits Of Sex

The health benefits of sex will make you feel wonderful both inside and out and you will gradually notice that the more sex you have, the more bounce you will have in each step.

1. Sex Relieves Stress

A big health benefit of sex is lower blood pressure and overall stress reduction. People who have more sex reported that they felt more at ease, happier and learned how to handle stress better. Sadly, many people have *less* sex when their stress levels are high.

2. Sex Boosts Immunity

Good sexual health may mean better physical health. Having sex once or twice a week has been linked with higher levels of an antibody called *immunoglobulin A* (or *IgA*), which can protect you from getting colds and other infections.

3. Sex Burns Calories

Sex is a great mode of exercise. It takes work, from both a physical and psychological perspective, to do it well. Believe it or not, sexual intercourse burns off about 150 calories every half hour.

Happiness isn't sex itself, but sex does ultimately play a role in human happiness.



10 Surprising Health Benefits Of Sex

4. Sex Improves Cardiovascular Health

While someone may worry that the efforts expended during sex could cause a stroke, that's not so. Researchers also found that having sex twice or more a week reduced the risk of fatal heart attack by half for the men, compared with those who had sex less than once a month.

5. Sex Boosts Self-Esteem

Great sex raises self-esteem. Nothing is more vital for a healthy mind and a strong sense of beauty.

6. Sex Improves Intimacy

Having sex and orgasms increases levels of the hormone *oxytocin*, the so-called love hormone, which helps us bond and build trust. Higher *oxytocin* has also been linked with a feeling of generosity.



10 Surprising Health Benefits Of Sex

7. Sex Reduces Pain

Sex is the best painkiller. As the (love) hormone *oxytocin* surges, endorphins increase, and pain declines. So if your headache, arthritis pain, or PMS symptoms seem to improve after sex, you can thank those higher *oxytocin* levels.

8. Sex Helps You Sleep Better

The *oxytocin* released during orgasm also promotes sleep. And getting enough sleep has been linked with a host of other good things, such as maintaining a healthy weight and blood pressure. After an orgasm, an intense wave of calm and relaxation overcomes humans (that's why men usually fall asleep) and it's a time when people can truly liberate themselves and let go.



10 Surprising Health Benefits Of Sex

9. Sex Increases Blood Flow

It goes without saying that when we get aroused our blood starts to pump at a quicker rate and, thus, blood flow to our brain increases. Both an increased heart rate and more blood pumping through the brain result in better performance (in and out of the bedroom).

What this ultimately means is that the fresh supply of blood pumping through your body provides the organs with a healthy dose of oxygen and rids the body of old and wasteful products. This keeps you younger.

10. Fountain of Youth

Although the orgasm is sometimes referred to as the "little death," having at least two orgasms a week can increase your life span. Every time you reach orgasm, the hormone DHEA (*Dehydroepiandrosterone*) increases in response to sexual excitement. DHEA can boost your immune system, repair tissue, improve cognition, keep skin healthy, and even work as an antidepressant.

Therefore, a health benefit of sex is a potentially longer life!



Natural Aphrodisiac & Antioxidant Foods

Although the reasons for attraction and desire are almost as much a mystery today as they were in ancient times, we do know that the spur for sexual desire begins in the brain - in the hypothalamus, which also governs our appetites for food and drink.

Most aphrodisiac foods are rich in antioxidants as well. Antioxidants work as scavengers of free radicals, those bad guys known to cause cells to mutate and die. An antioxidant food diet combined with a good skin care routine can allow people to be healthier and look younger longer!

Alphabetically listed, here are the best sexy foods to put you in the mood:

Almonds

Best when eaten raw, almonds are high in libido-boosting vitamin E. A very sensible sex-boosting insurance policy. Eat daily. Try almonds dipped in dark chocolate for added antioxidants and taste.

The primitive pleasure of eating with one's fingers is itself a sensual experience.



Natural Aphrodisiac & Antioxidant Foods

Artichokes

When it comes to natural *aphrodisiacs* in food, *artichokes* have always been at the top of the list. Catherine de Medici, who introduced artichokes to the French table, was so firm in her belief that they were aphrodisiacs that she fed them regularly to her husband, King Henry II. In 16th Century Europe, only men were allowed to consume artichokes because of their reported libido-enhancing qualities.

Today, nutritionists believe it is the combination of antioxidants in artichokes as well as all the other vitamins and minerals, which give them their anti-cancer, anti-ageing, anti-heart disease and immunity boosting qualities.



Avocado

Excellent as a part of an all-natural beauty regime, avocado is a treasure trove of nutrients. Avocados deliver a punch of nutrients essential to sexual health, including beta carotene, magnesium and vitamin E. Sometimes called the "sex vitamin", vitamin E has earned itself a reputation - from spicing up your sex life to minimizing wrinkles and the signs of old age.



Bananas

This suggestively shaped fruit is packed with nutrients essential to sexual hormone production, including potassium and B vitamins.



Natural Aphrodisiac & Antioxidant Foods

Chile Pepper

If you're a fan of *picante* foods, you know how they can make you a bit sweaty and excitable. Blame it on the capsaicin, the substance in hot peppers which releases endorphins, stimulates nerve endings and increases heart rate.

Not only are these fiery vegetables low in fat, low in sodium, and high in fiber, they are veritable power plants of vitamins (A, B1, B2, B3, C, and E), and antioxidants. This makes the humble chile pepper a valuable and tasty source of nutrients that boost the immune system.



Chocolate

Considered "the nourishment of the gods," this classic treat actually contains a feel-good brain chemical said to simulate the feelings of romance. Dark chocolate contains even more healthy antioxidants than red wine. One of its compounds, PEA (*phenylethylamine*), releases dopamine in the pleasure centers of the brain. The cacao seed also contains *tryptophan*, necessary for the production of the neurotransmitter serotonin, which induces a sense of well-being.



Natural Aphrodisiac & Antioxidant Foods

Coffee

Coffee excites not just the body, but can also elevate mood. The drink is essentially the world's most socially acceptable stimulant. In fact, its stamina-enhancing ability has led it to become a status symbol in certain cultures. Coffee influences the body in many powerful ways. It is shown to kick start metabolism for those looking to lose a few. And it helps with blood flow. Do not abuse: too much coffee can kill the stimulating effects. Coffee not only helps clear the mind and perk up the energy, it also provides more healthful antioxidants.



Ginger

With a high *antioxidant* content, *ginger* has been used for centuries as a highly effective aid to digestion. However, its classification as a natural aphrodisiac comes from its ability to increase circulation. Madame du Barry is said to have served ginger to all of her lovers, including King Louis XV, who was reportedly reduced to a state of utter submissiveness.



Ginseng

This high energy root normalizes hormones levels in both men and women and it's been used for centuries by the Chinese to increase stamina and desire.



Natural Aphrodisiac & Antioxidant Foods

Leafy Greens

Eat your salads, ladies, dark leafy greens help your liver metabolize estrogen, and create a good balance of this hormone essential for healthy female sexuality. Sure, they don't look sexy, but they'll make you feel amazing.



Mustard

This tasty condiment is high in antioxidants and contains curcumin or turmeric, common in curries, and is believed to kindle romantic desire. Its intense, spicy flavor is credited with causing a rise in adrenalin. Throughout much of recorded time, monks were not permitted to ingest mustard for it was believed to lead the men of God down the path to temptation... Plus, mustard is an excellent source of three notable antioxidants: vitamin E, vitamin C and vitamin A.



Oysters

The oyster just may be the most evocative culinary symbol of passion. Legend has it that Casanova would eat 50 raw oysters for breakfast every day! Although the serving of nutrients in a single oyster is negligible, eaten by the dozen, oysters are loaded with zinc, a key nutrient for testosterone production (important for stimulating libido in both men and women).



Natural Aphrodisiac & Antioxidant Foods

Pineapple

This delish tropical fruit has been called a treatment for impotence. Try it dipped in a chocolate fondue for a romantic dessert.



Pomegranate Juice

This very sensual and luscious juice is perfect for gourmands looking for an anti-aging boost!

Pomegranates are a great source of antioxidants; in fact, the juice from pomegranates is higher in antioxidants than any other drink.

A prominent player in aphrodisiac lore, pomegranate was regaled as a culinary symbol of Aphrodite by the ancient Greeks. Some even say the forbidden fruit of the Bible was not apple at all, but a pomegranate fruit.



Pumpkin Seeds

High in zinc, which is needed for testosterone production, pumpkin seeds are essential for the libido in both men and women. Packed with antioxidants, they're great for keeping you young, fun and ready to... spoon. Toast some up ...



Natural Aphrodisiac & Antioxidant Foods

Red Wine

Not only will red wine halt those evil free radicals and keep you skinny and young, but it will also boost your libido and that of your lover. Research from the Santa Maria Nuova Hospital, Florence, Italy shows that drinking 1 to 2 glasses of red wine a day increases female sexual desire.

Remember the French Paradox: the reason why the French live longer, healthier lives is because they consume moderate amounts of red wine daily 😊

Indeed, red wine contains an amazing antioxidant called *resveratrol* that may help prevent heart disease by increasing levels of "good" cholesterol and protecting against artery damage.



Saffron

Saffron is a rare Eastern beauty. Its aphrodisiac allure, according to the Knights of Arabia, who used this elusive sorceress with judicious wisdom, is believed to be most effective on women. Saffron's antioxidant and nutritional substance has many health benefits, as well as enhancing circulation, protecting against cancer and treating depression.



Natural Aphrodisiac & Antioxidant Foods

Strawberries

Strawberries have been considered natural aphrodisiacs since the glory days of the Roman Empire. Because of its heart shape and luscious red color, strawberries were a symbol of Venus, the goddess of love. A legend also says that if you and someone of the opposite sex split a strawberry and eat it together, you will fall in love. *Strawberries* are a good source of *antioxidants*.



Wild Salmon

This fish is an organically pure and natural source of essential Omega 3 Fatty Acids and powerful biological *antioxidants*. Omega-3s bolster heart health, may fight depression, and help **keep skin young, supple, and radiant**.

Salmon enjoys a rich history as a natural aphrodisiac. Omega-3s are proven to elevate *serotonin* levels in the brain and thereby enhance mood. Vitamin rich, this fish has got a great dose of A, D, B and calcium, all known to be necessary for giving the all-important libido lift.



Sex Makes People Cheerful, Healthy, Beautiful... And More Intelligent

It is an open secret that a person gets into a **cheerful** mood during an act of love.

In addition to purely psychological satisfaction, the human body produces *endorphin* – the hormone in charge of elevated spirits and positive perception of the environment. Researchers say that such inspiration comes from the activity of certain brain centers, which change the hormonal status of the body.

Good quality sex produces a spiritually elevating effect on the chemical level, which does not require any additional efforts.



Sex means good **health**. One may say that a bed is the best equipment for physical exercises that man has ever designed. The pulse rate of a sexually excited individual increases from 70 to 150 beats per minute, which is comparable to muscle efforts of a weight-lifter.

Only one sexual intercourse burns off the same amount of calories that a person loses running on a treadmill for 15 minutes. Needless to say that the first option is much more pleasant than the second one 😊

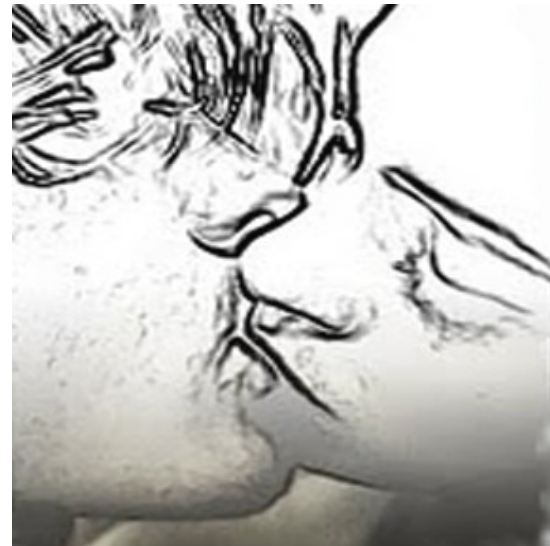
Thirty minutes of sex kill about 150 calories. In other words, daily sex can take away about 500 grams of your weight in a week!

Sex Makes People Cheerful, Healthy, Beautiful... And More Intelligent

It may seem unreal, but it is a fact: regular sex enlarges women's **breasts**. Sexual excitement intensifies the bloodstream, which may add 25 percent to a woman's breast size.

Furthermore, women can raise their **IQ** with every orgasm that they experience. Hypothalamus – the center for control of the hormonal system – also governs the work of learning and memorizing centers.

After 18 years of research, Netherlands psychologist Wolter Seuntjens has published exhaustive findings linking **yawning** with romantic courtship, increased testosterone levels and, in some cases, orgasm. In other words, yawning has an erotic component that can be interpreted as an invitation to have sex...



What Is Healthy Sex?

Healthy sex involves the conscious, positive expression of our sexual energy in ways that enhance self-esteem, physical health, and emotional relationship.

It is mutually beneficial and harms no one. Sexual energy is a powerful, very natural force in our lives.

Every adult deserves and can achieve healthy sex.

Healthy sexuality requires that some basic conditions be met:
CONSENT, SAFETY, RESPECT and **TRUST**.



If you're in an **abusive relationship**, please get help from one of the many agencies that exist. **You do not deserve it.**

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Life is like Tango... sad, sensual, sexy, violent, passionate and quiet.

Add Years To Your Life
Add Life To Your Years

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