

# The Joy of Researching the Health Benefits of Sex

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## *The Wall Street Journal:*

Is sex good for your health—or is that just a fantasy?

A flurry of small studies suggest that sex is as good for your health as vitamin D and broccoli. It not only relieves stress, improves sleep and burns calories, it can also reduce pain, ease depression, strengthen blood vessels, boost the immune system and lower the risk of prostate and breast cancer.

But many of those studies rely on people to remember and report their sexual activity honestly and many can't distinguish between cause and effect. That is, does sex make people healthier or do healthier people have more sex?

Read the whole story: [\*The Wall Street Journal\*](#)