**Suggested Title: How an orgasm benefits your health**

You seldom wonder about things like an orgasm and if they might be able to benefit you in any way. Well, after reading this article you are mostly likely to wonder about an orgasm more often. That’s because we are going to tell you about all the health benefits which an orgasm can bring you. Though one may consider it odd, still it is important to know all the health benefits of an orgasm so that you don’t miss out on them.

Whether you have it with a partner or alone, an orgasm has a lot of health benefits which have been supported by research and evidence. This article aims to explain to you what an orgasm actually is, how it benefits your health, and how you can improve them.

**What is an orgasm?**

Experts at the [National Health Service](https://www.nhs.uk/common-health-questions/sexual-health/what-is-an-orgasm/) define an orgasm as a moment of intense wave of sexual pleasure usually centered in the genitals. In common language, having an orgasm is termed as “climaxing” or “coming”.

**What happens before, during and after an orgasm?**

According to a study conducted by [Levin (2004)](https://sci-hub.tw/10.1080/14681990410001641663?journalCode), a prospective, current and retrospective understanding of orgasms is important.

The study reports that just before an orgasm occurs the female has a very high heart rate, respiratory rate and blood pressure. Moreover, some research has also noted a change in the color of the labia minora (minor lips of the vagina) from pink to deep red.

On the other hand, during the orgasm, a woman experiences intense bursts of erotic pleasure along with uterine contractions.

When an orgasm has occurred, the heart rate, respiratory rate and blood pressure falls and one has feelings of satisfaction and contentment.

**What causes an orgasm?**

Health experts at [Medical News Today](https://www.medicalnewstoday.com/articles/232318.php) believe that orgasms occur when the erogenous zones (vagina, nipples, anus) are continuously stimulated. Physiologically, an orgasm is actually a response to stimulation of two types:

1. **Vasocongestion:** this is a term associated to the process of filling up of the body tissues with blood as a result of which they swell in size.
2. **Myotonia:** this is a term associated to a process in which muscles become tense characterized by involuntary contracting and voluntary flexing.

**What are the health benefits of an orgasm?**

Orgasms not only feel good but they are also extremely beneficial for your health. Although you may consider it odd to talk about an orgasm and its health benefits. But an orgasm does have so many health benefits that you don’t want to miss out on them. Here we give you all the possible health benefits of an orgasm.

1. **Boosts your immune system.** According to a research conducted by [Charnetski and Brennan](https://www.ncbi.nlm.nih.gov/pubmed/15217036), orgasms can boost your immunity and help in preventing many infections such as common cold. This is because orgasms increase the formation of immunity proteins, immunoglobulins, by 30 percent. This strengthens the immune system.
2. **Regularizes the menstrual cycle.** A [study conducted at the Athena Institute](https://www.athenainstitute.com/sciencelinks/sexualbehaviorfrequency1979.html) reports that women who indulge in regular sexual activity and have orgasms more often have a more normal menstrual cycle. On the other hand, women who have sex less often are more likely to have abnormalities in menstruation.
3. **Improves circulation.** Sexual health experts claim that orgasms improve blood circulation especially in the pelvic region. Normally, working women who sit at desks all the time have decreased pelvic circulation leading to muscle imbalance. Orgasms tend to improve circulation by distributing nutrients and hormones thoroughly around the pelvic region.
4. **Dials down aging.** [Rutkowski et al. (2014)](https://www.ncbi.nlm.nih.gov/pubmed/25022952) in their research study claim that Dehydroepiandrosterone (DHEA), the hormone released during an orgasm decreases body fat, increases bone density and sexual satisfaction. This reduces the overall aging process.
5. **Regularizes the sleep cycle.** Another hormone released during an orgasm, oxytocin, helps in regularizing the sleep patterns. In a research study conducted by [Catrina et al. (2004)](https://www.ncbi.nlm.nih.gov/pubmed/15053243), it has been claimed that oxytocin reduces the level of cortisol, the stress hormone. This calms your mind and helps you to sleep better.
6. **Relieves pain.** [Researchers](https://journals.sagepub.com/doi/abs/10.1177/0333102413476374) have found that sexual activity and orgasms help in reducing pain associated with headaches, migraines, and menstrual cramps.
7. **Makes the skin glow.** Sexual health experts claim that orgasms improve your skin and add glow to it. This is because orgasms release anti-inflammatory substances. These chemicals act against environmental toxins and aging hormones. This increases skin circulation, making it glowy and nourished.
8. **Lowers anxiety.** According to a study conducted by [Magon and Kalra](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3183515/#ref37), oxytocin hormone gives an anti-anxiety boost and reduces levels of stress-hormone, cortisol, and thus reduces anxiety.

**How to improve your orgasms**

It is of no doubt that an orgasm feels extremely good and who wants to miss a trick to make it feel even more? Here we give you some tips and tricks to boost your orgasms and make climaxing an exciting, pleasurable and surprising experience.

* **Have more hugs and cuddles.** A study conducted by [Behnia et al.](https://www.sciencedirect.com/science/article/pii/S0018506X14000105) has shown that taking intranasal oxytocin can increase the intensity of orgasms. Similarly, cuddling and hugging also increase the release of the hormone oxytocin. Therefore, having more cuddles and hugs before intercourse can raise your oxytocin levels and make those orgasms intense.
* **Use lubricants.** Experts at [Women’s Health Magazine](https://www.womenshealthmag.com/sex-and-love/a19986992/have-better-stronger-orgasms/) claim that lubricants can greatly improve the quality of orgasms. Lubricants like vitamin E oil and coconut oil have proven to be greatly helpful in improving the intensity of orgasms.
* **Plan your orgasm around your cycle.** Sometimes when women have problems with orgasms, planning can greatly help. Women usually have an increased libido during ovulation. So, the chances of having an intense orgasm around that time are increased. But don’t forget to use protection if you don’t want to become pregnant.
* **Take breaks.** Sexual health experts believe that taking breaks can be really helpful when it comes to sex. This is because when you do something very often it loses its charm. So, taking a sex break of two to three days and then doing the deed can make those orgasms exciting and intense.

After reading this article you may know that having information about your body is extremely important. Having a good know how of the health benefits that different activities can bring you enables you to enjoy them better. So, make sure that you know well about your body and its functions, what affects it in a positive way and what affects it negatively.

Guidelines

Primary keyword: orgasm

Keywords: benefits of orgasm, women having orgasms, health benefits of orgasms, whats an orgasm, are orgasms good for you, orgasm health, benefits of female orgasm, sex life, heart rate, sex drive, reach orgasm, experience orgasms, pelvic floor, sexual arousal, experiencing orgasmic, sexual experience, stimulation of the clitoris, menstrual cycle, female orgasm, feel good, sexual pleasure, health benefits, blood flow, sexual activity, increased blood flow

* Word count: Currently at 900 words, add 300 words
* High school readability level
* Tone of voice should be neutral
* Add key takeaways at end of article
* Add statistics and or data to back up why what we are saying works.
* Paragraph length should focus on one idea or concept. Typically 1-5 sentences, no longer than 90 words
* Follow other blog guidelines doc