

Thinking Out Loud

A Quarterly Newsletter

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Sex: Ten reasons why it's good for you

Want to have more sex in your marriage? Sex is good for you. This list of 10 top reasons sex is good for you and for your marriage comes from a gem of a book. This author recommends this book to anyone in a long-term relationship. The book is *How to Improve Your Marriage without Talking about it*, by Patricia Love and Steven Stosny.

Marital problems are not always about sex. However, if your marriage is having problems, it is likely that your sex life will suffer in some way.

Here are 10 reasons to have more sex:

1. **Sex wires you for pleasure:** Each time you share a positive experience with your partner, your brain will associate your partner with pleasure. So increasing pleasurable experiences with your partner can transform your relationship.

2. **Sex puts the "P" back in the partnership:** "P" stands for passion. This is what separates your relationship from those people who are simply friends. You can be friends with your partner, but without the sex you will not have the passion.

The British Medical Journal published a study in 1997 giving additional reasons why sex is good for you.

3. **Weight loss:** Active sex burns a minimum of two hundred calories. This is similar to 15 minutes on the treadmill. Which would you prefer, the treadmill or sex?

4. **Reduces depression:** Hormones and endorphins released during sex produce a feeling of well-being and euphoria.

5. **Pain relief:** The level of oxytocin in your body during sex increases five times. Oxytocin helps the body release endorphins that alleviate pain and produce higher levels of immunoglobulin A, which boosts the immune system. This means having sex is ten times more effective than taking Valium, with no side effects.

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I offer individual, couples, and group counseling.

Are you are in pain?
Do you feel your life or attitude could use some improvement?
Call me.

I offer a free 15-minute phone consult for new clients and am available to speak with you today.

**FREE PHONE CONSULT
561-844-1340**

To subscribe to this newsletter visit www.debrajoygoldman.com and submit your e-mail.

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Sex: Ten reasons why it's good for you

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6. Relieves a stuffy nose: Believe it or not, sex is a natural antihistamine. Antihistamines can also fight hay fever and asthma.

7. Cures the common cold: Once a week sex produces a 30% higher level of immune boosting immunoglobulin A (may even boost your resistance to the H1N1 flu).

8. Firmer butt and tummy: Regular sex can firm and tone your tummy and butt, and improve your posture.

9. Forever young: Sex slows the aging process. It lowers cortisol levels in the bloodstream. This reduces stress and slows the aging process.

10. Protects against Alzheimer's and Osteoporosis: Women who have more sex have higher levels of estrogen, which protects them against these two diseases.

Remember, it takes "two to tango", so...

If you are convinced, but your partner is not...

Read my column at EXAMINER.COM:
<http://www.examiner.com/x-16160-West-Palm-Beach-Marriage-Examiner>



Happy Holidays!

It is my heartfelt wish that the articles, ideas, and opportunities presented in this newsletter are both beneficial and useful to you in your life-long journey.

To insure that you receive my newsletter online; please visit my web site and subscribe for free:

www.debrajoygoldman.com

Wishing you a Healthy and Happy Holiday and a very Happy New Year!

Seven steps to peace of mind

Peace is the experience of those moments when all feels right with the world and oneself. You sigh in relief and relax in a treasured moment. All your thoughts and feelings seem to be quiet, and an inner joy and contentment comes with that silence. If you have experienced this before, then you will seek and strive for that feeling again.

These days everyone is searching for peace. You may want a break from the pace and pressure of your life. From everyday stresses at work, your marriage, or simply the pressure we place on ourselves; it all takes its toll on each of us.

How can you experience more peace in your life? It is "an inside job". Your spouse can't give you peace of mind. Here is a list that can lead you to peace. The list is simple and the practice is a moment-to-moment process. The rewards are phenomenal.

THE GOOD NEWS IS: Peace of mind is closer than you think. Start the 7 steps now.

1. Become aware of, and understand yourself. The patterns and beliefs that you choose end up creating the experience you will call your life.

2. Identify your feelings. Use this information as a guide to your heart's desires.

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Groups: A gift to yourself

Clients say my groups are an economical way to get counseling, and a great gift you can give to yourself.

WOMEN'S GROUP

Do you want to be more in touch with **your** feelings, thoughts, and needs? This group is about connecting to **you**. Learn to empower yourself to take action in your life. In this group you will gain skills to handle your emotions, clarify your needs, make a plan, *and* follow through. You will experience a supportive and safe atmosphere. The focus will be finding that unique, powerful, beautiful and innocent essence that is **you**.

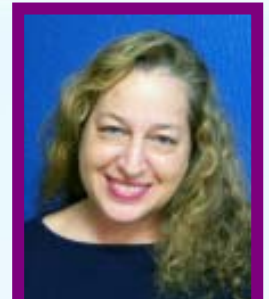
The Women's Group meets for ten weeks, Tuesdays 11:00AM – 12:30pm, \$50 per meeting. Pre-registration required. **Call 561-844-1340.**
Meeting dates: Jan. 19, 26, | Feb. 2, 9, 16, 23, | March 2, 9, 16, 23.

DREAM GROUP

Have you ever wondered what your dreams really mean? In this eye-opening group you'll discover what others have known throughout time -- that dreams reveal an *incredible* knowledge about your inner self and your relationship to life.

You will see how dream reading presents answers about your physical health, your relationships, your potential for change, and your spiritual growth. And you will find your dreams can provide you with both life direction, as well as answers to your deepest questions.

The Dream Group meets for 6 sessions Thursdays 6:00pm – 8:00pm, \$50 per session. Pre-registration required call **561-844-1340.**
Meeting dates: Jan. 7, 28, |Feb. 18, | March 11, | April 1, April 22.



Seven steps to peace of mind

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3. There is much beauty in, and harmony on this earth. Look closely at the trees, grass, flowers, and animals around you. Enjoy and appreciate with gratitude all that you have. Establish a relationship with the divine in the world. Watch the sky.
4. Everyday intend to live your life in balance. Eat well, and move your body in ways that feel good (i.e. exercise, dance). Treat yourself lovingly. If you fall back into old habits, go back to the previous steps and understand what you need to do differently.
5. Get connected with your instincts and natural tendencies. Honor, respect, and acknowledge them. Do not let them rule you.
6. Find someone to be your guide, seek counseling & psychotherapy, or work in a group. As you make these changes, seek support until you become your own best source of guidance. You can become your own expert... your own best friend.
7. Start now.