

# Does sex help fight the flu?

Sex is not only a way to express passionate feelings between two people of the opposite sex, but it also brings many wonderful effects to human health.

## Is sex an effective way to prevent the flu?

Sex has many practical health benefits, this is a proven fact. Many studies have shown that people who have a healthy sex life are healthier, have a lower risk of disease and live longer than those who lack or have sex infrequently.

Research in the field of psychophysiology shows that people who have sex with their partners regularly every week have higher antibody levels than others, helping to increase their ability to fight infections.



Sex brings many practical benefits to health.

People who have sex at least once a week have higher levels of IgA (immunoglobulin A) - an antibody in the body - than those who do not have sex. This can help the body fight off foreign pathogens, such as the flu virus.

## Should you have sex when you have the flu?

Sex is an important element in every marriage as it keeps the couple together. However, in special situations, this should be weighed against the health benefits.

Sex is a human instinct, but is it safe to do it while having the flu?

Fevers often leave people feeling achy and tired. Having sex with someone who has a fever is like strenuous exercise and comes with many risks. One of them is increasing the risk of dehydration or raising the body temperature to dangerous levels.

Most people with the flu do not have the energy to have sex. Therefore, not 'demanding love' when your spouse or partner has a fever due to the flu is also an act of showing your true love. At the same time, it is also a way for healthy people to protect their bodies because the flu virus is easily transmitted through close contact between people.

Doctor's advice: Temporarily stop having sex when you have the flu.

### **Not only when having the flu, there are many times when couples should not 'make love'**

Don't 'make love' when you're not in a good mood: Forcing yourself to 'make love' when one of you is not happy will reduce the quality of your lovemaking. The worst consequence is that the person involved may be afraid of making love. If this situation repeats itself often, it will cause women to become frigid and men to become impotent.

Do not 'make love' during your period: This is the time when a woman's cervix is ??dilated, making her susceptible to infections such as endometritis and vaginitis, which affect health and are harmful to reproduction.

Do not 'make love' after drinking beer or alcohol: Having sex after drinking alcohol can cause sexual dysfunction, premature ejaculation and other physiological problems. During this process, sperm quality can be affected, quantity can decrease and if conception occurs, it will endanger future generations.

Do not 'make love' when full or too hungry: When full, the stomach and intestines will be stretched and congested, blood to the brain is not enough, so it is not suitable for sex. On the contrary, when hungry, the human body is weakened, the energy is not as abundant as when full, so sex will not be as desired.

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