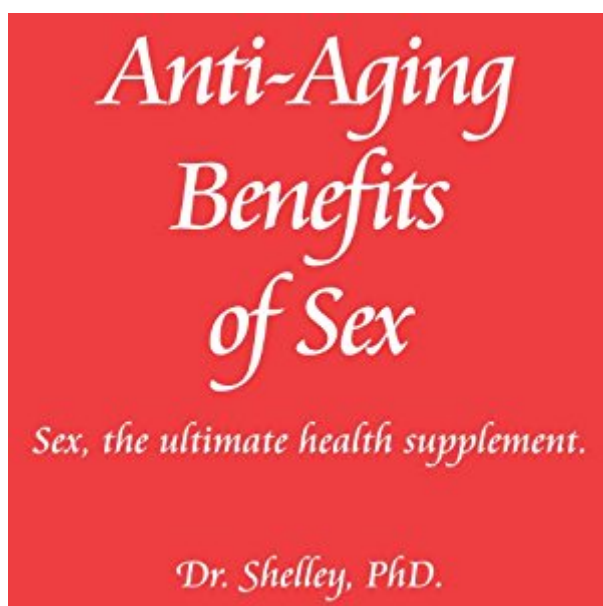


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# Anti-Aging Benefits Of Sex: Sex - The Ultimate Health Supplement: Red Book Series, Volume 2



## Synopsis

Sex - the ultimate health supplement? Is it as simple as Dr. Shelley suggests? Inside you will find all the information, studies and statistics you need to convince yourself and your loved one to have more sex, all in the name of looking younger, feeling healthier and living longer! Plus how simply increasing the frequency of love-making can: Help balance hormones Lessen the risk of heart attacks, breast cancer and prostate cancer Help alleviate migraines, headaches and pain Improve mood, help with depression and stress relief Help you lose weight, gain more energy Look younger, feel younger and increase your life span! As well as the physical, emotional, hormonal and mental health benefits of sex, a new spiritual/energetic perspective on sexual health is outlined. Try out Dr. Shelley's recommended weekly dose!

## Book Information

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