



Bedroom Secrets: How to Get Frisky Like Your Health Depends on It

By Andy Snyder, Founder, Manward Press

Dear Reader,

We can all remember the first time we had sex.

For some it was magical. For others it was a rite of passage. And for others, well, it was about time.

But what about the last time you had sex?

I hope you remember it. And I hope it was magical... romantic... and all those other things it's supposed to be.

But if you're part of an ever-growing trend in America, there's a strong chance it's been a while.

In fact, the number of folks reporting that it's been more than a year since they last had sex recently hit a record high – nearly 1 in 4.

That doesn't seem right... or fair.

Why is it that something as pervasive as sex – something that's engrained in our culture, all over our TVs and in our songs – is so elusive to so many folks?

Many single folks are choosing celibacy. That's great. Frankly, the world needs more of such discipline.

But many folks aren't making a choice.

They don't have a choice.

That's bad news.

After all, a lack of sexual activity is seen as a major turning point toward *feeling* old. And *feeling* old is the first step in *getting* old. It leads to things like fatigue, anxiety, depression and added stress.

That's why this issue is so important.

It's not just about pleasure.

Inside This Issue

- The Secret to a Stronger Sex Drive
- How to Enjoy Sex Well Into Your Golden Years
- Three Recipes to Give You a Boost in the Bedroom

It's about wellness – wellness that envelops your entire life. Sex is about relationships. It's about good health.

And it's about having the freedom and ability to have a bit of fun.

They're all things Manward will stand up and fight for.

That's why we get a bit frisky in this issue and dive into a subject a lot of folks are afraid to talk about.

The ideas ahead aren't surface level.

They're not the clichés you've heard so many times before.

That's why I'm so proud of the team.

Dr. Phil Roberts and Dr. Sanjay Jain dive deep into the psychological... the scientific... and the practical... to hold your hand and lead you – at least we hope – from the couch to the bedroom.

This is good stuff.

But there's no need to write us a thank-you note.

Just don't forget who made sure *you* remember the last time you felt young again.

Be well,

Andy

P.S. When you're done reading, be sure to send us your thoughts on the issue... and what questions you have for the doctors or topics you'd like to learn more about. Email us at mailbag@manwardpress.com.

Dr. Phil Roberts is a leading expert in anti-aging, functional and regenerative medicine and is board-certified in emergency medicine. He shares his insights each month on our healthcare system, patient care and how to achieve optimal health.

Forget Freud: The Secret to a Stronger Sex Drive Is Not in Your Head

By Dr. Phil Roberts, M.D.

Just about all Sigmund Freud's theories have been debunked.

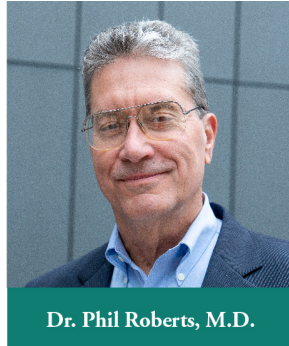
And yet lots of folks still feel perfectly comfortable talking about his ideas... even if they've never read a single chapter of his books.

Oedipus complexes, the id and the ego are all part of common parlance.

But in the medical community, we know he was pretty much a charlatan. He was better at marketing than he was at psychoanalysis.

Which is why just a few decades after Freud's death, his ideas were all but scrubbed from the Diagnostic and Statistical Manual of Mental Disorders (DSM) – that's the bible for psychiatrists.

While he did bring some useful terms to the conversation, he really didn't understand them all that well.



Dr. Phil Roberts, M.D.

Take the word libido, for instance...

Freud gets credit for popularizing the term. But the problem is that he described our sex drive as living completely within the inner reaches of the mind.

The truth is our libido is influenced by a whole bunch of things.

Sure, there are psychological aspects that play a role.

Some people are just more interested in sex.

Stress can kill your sex drive.

But there are also important biological and environmental factors that are far beyond Freud's limited understanding...

We now know that hormones – most notably testosterone and dopamine – play a major role in regulating our libido.

And common prescription drugs can wreak havoc on these hormones.

So when these hormone levels drop, so does our interest in sex. That can be bad news for our relationships... and our health.

Fear Not the Coronavirus

A healthy sex life is great for our immune system. (And you'd be hard-pressed to find a more enjoyable way to fend off a coronavirus.)

The research is a little vague as to how it all ties together, but those who regularly have sex have higher levels of immunoglobulin A (IgA).¹

This matters because IgA is a powerful antibody that plays a pivotal role in the immune function of the mucous membrane. And that's important for fending off viruses and infections.

But on the other end of the spectrum, diminished levels of IgA can quickly turn into an immunodeficiency.

So to keep your immune system from being compromised, a healthy sex life is just what this doctor would order.



And that's just the tip of the spear.

A libido in good working order that leads to a healthy sex life is also good for your heart.

Any type of physical activity is good for you... A good session in the sack is no different.

It speeds up the heart rate and gives the heart a good workout.

While it might not be as vigorous as a bout on the treadmill, it's a heck of a lot more enjoyable.

And a healthy sex life has been shown to lower blood pressure and vastly reduce the risk of heart attack.

Sex has also been shown to reduce stress, improve sleep and even reduce the symptoms of depression... all of which have been shown to lower the risk of heart disease.²

The War Against Your Libido

So how do we maintain a healthy sex life as we get older?

Based on its sales, you'd think the little blue pill had all the answers. But taking erectile dysfunction (ED) drugs when your libido is low is like slapping a new coat of paint on a house without scraping off the old coat.

It'll be peeling and back to its old worn-down self in no time.

You've got to get at the root of the issue to see real, healthy changes... And to be sure, there are a lot of things working against our libido.

Take depression for instance. It's never been more prevalent in our aging population. And the No. 1 prescribed "cure" is selective serotonin reuptake inhibitors (SSRIs). One of the many, many side effects of SSRIs is sexual dysfunction.

According to a study in the *Journal of Psychiatry & Neuroscience*, antidepressants have been shown to reduce sexual impulses by as much as 80% in patients.³

This happens because these drugs impact several brain pathways that decrease dopamine levels and increase serotonin levels.

SSRIs also disrupt the corticolimbic system and, in the process, decrease sexual desire...

They've also been shown to lead to the inability to achieve orgasm. This can understandably do major damage to a person's willingness to even bother with sex.

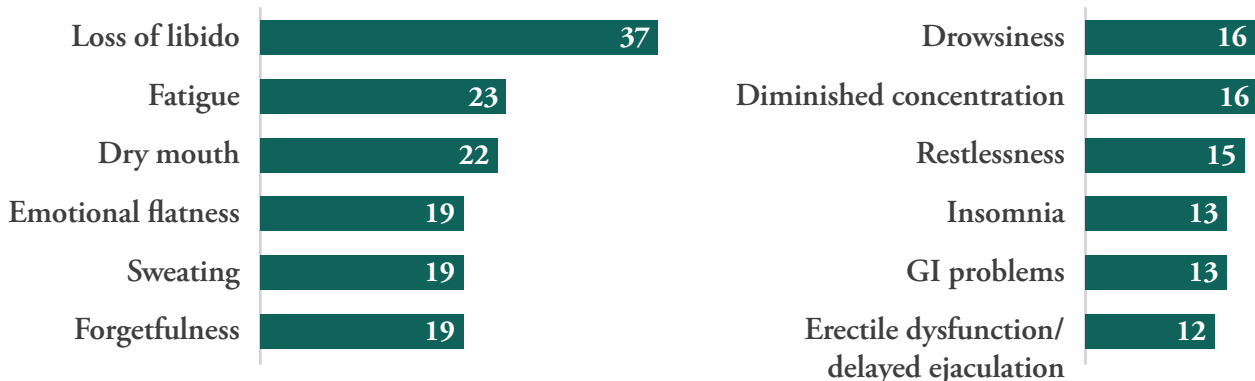
These little pills are so renowned for shutting down folks' libidos that sexual dysfunction is the main reason people stop taking them.

The Heart-Groin Axis

Statins are another commonly prescribed drug that come with more baggage than your son-in-law.

SSRIs: More Trouble Than They're Worth?

Most frequent adverse effects in primary care patients using different types of antidepressants



Source: *Psychiatric Times*

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They're purported to reduce the risk of heart attack and stroke.

But among the many neurological and physical side effects of these cholesterol-lowering medications is a reduced libido.⁴

These drugs have been shown to lower testosterone levels in both men and women who take them... And naturally this can be a huge detriment to our sexual appetite.

Then there are the common blood pressure medications, like ACE inhibitors.

These are also known to lower testosterone levels – and the libido in the process.

And beta blockers and diuretics are even worse. These come with a laundry list of side effects that can directly impact our sexual health.

Even when tested on healthy young men, beta blockers were shown to significantly reduce testosterone levels and lead to erectile dysfunction and the inability to ejaculate.⁵

Heck, even common over-the-counter antihistamines have been shown to dramatically reduce sexual desire and lead to erectile dysfunction.⁶

Considering how widespread all these things are, it's amazing anyone's having sex anymore.

Check Your Levels

As I mentioned, testosterone is key to libido.

So if you're finding that you're rarely "in the mood," have your hormone levels checked.

This isn't part of most annual checkups, but it should be.

It's a simple blood test that will tell you where your testosterone, estrogen, cortisol and thyroid levels are.

If you find out your testosterone levels are low, take a number and have a seat. You're in a long line of other folks who are already there.

By the time the average male hits 70, testosterone production is usually down by at least 30% from where it was in his 20s.⁷

This is a sharper decline than what folks a century ago experienced – but that's just "nature" running its course...

The escalating amount of chemicals in the air and dangerous herbicides used to treat our food are all speeding up the decline of our testosterone levels.

Check this out...

The *average* testosterone level today is 400 nanograms per deciliter (ng/dl). But back in the 1950s, average T levels were around 1,200 ng/dl.

But for our purposes today, the need-to-know figure is 300 ng/dl. If your testosterone levels are below that, you've got low T.

A lot of folks out there will tell you that low T levels are just part of getting old. But that's hooey.

Sure, our body might not be as effective at producing it, but that doesn't mean we can't still have optimal levels.

Give Yourself a Boost

One of the simplest ways to get testosterone levels up is to make sure you're getting enough vitamin D.

So get outside.

When those ultraviolet rays hit our skin, it starts a Rube Goldberg-like process in our bodies.

A precursor molecule on our skin converts the sun's rays to D3.

That D3 then works its way through the liver and down to the kidneys, where it's converted to something called calcitriol.

Calcitriol is the important stuff. That's the active form of vitamin D. It will boost T levels.

In the winter, I know it can be hard to get enough sunlight. The days are too short.

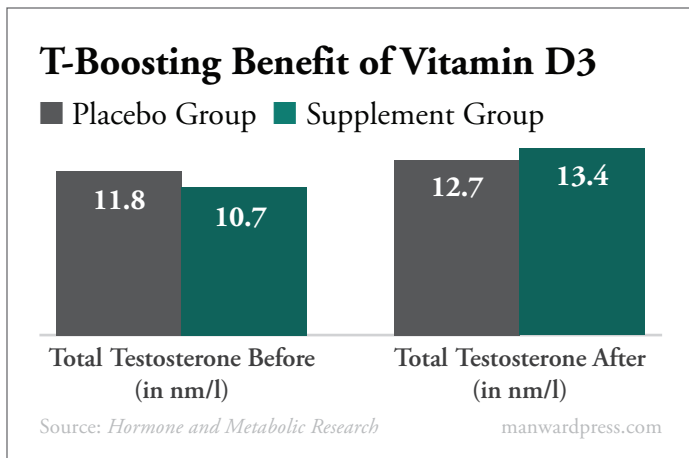
But there's a workaround.

Vitamin D that we get from food – especially the wild-caught salmon I'm always going on about – runs through the same pathways and turns into testosterone-boosting calcitriol.



Even those cheap vitamin D3 supplements at the grocery store will help.

A yearlong study published in the journal *Hormone and Metabolic Research* found that supplements of 3,000 international units (IU) of vitamin D3 per day raised testosterone levels by a staggering 25%.⁸



That can be more than enough for most folks to get their T levels back to where they should be and their libido over the hump.

But if you want to make sure, you can double down and increase your intake of calcium.

This combo has been proven to optimize testosterone levels in both men and women.

For the trifecta, get more ginger into your diet.

It was a long time coming, but recent investigations are finally looking into the ginger-testosterone link.

Considering it's been used for centuries as an aphrodisiac, it makes sense that there would be *something* there.

Well, it turns out there is. Even in those who are infertile, ginger raised T levels by a whopping 17%.⁹

If all of that isn't enough to get your engines running, there could be something else at play...

This is the part of our libido that Freud was getting at. And it has everything to do with our Connections.

Maintain the Connection

Men and women can both deal with some level of performance anxiety... even in long-term relationships.

Getting into our own heads like this is a surefire way to head down a destructive psychological path that leads in the opposite direction of a healthy libido.

That's no good.

Here's the thing.

Even for those who own a house together... share a bank account... maybe even shower together... having a *talk* about sex just doesn't happen that often. And it's a real shame.

I know, I know. It can be embarrassing if you're not used to it.

And it might feel uncomfortable.

But if you can talk about how much you enjoyed dinner, you can talk about sex.

Be blunt and open about it. Start a conversation somewhere you don't associate with sex.

It can be while taking a walk... or driving home together. You just want it to be private enough so you can both speak your mind.

I don't want to get all Dr. Ruth on you, but having a free and open conversation about sex can be a powerful problem-solving tool for any issues you're dealing with in the bedroom.

And this isn't just some psychobabble.

A survey of more than 1,000 Europeans and Americans by healthcare provider Zava found that those who opened up with each other and started *talking* about sex, *had* more sex. And not only that, but it was better sex.¹⁰

Just keep it positive. And trust your spouse... because they trust you. That's what relationships are built on.

Once the libido is raring and ready to go again – and your brain isn't working against you – a healthy sex life will be right around the corner.



That'll be good news for your relationship and even better news for your health.

Check out our libido-boosting recipes in the Appendix to help add some spice to your day.

Dr. Sanjay Jain is a renowned physician, businessman and investor. U.S.-trained and board-certified in integrative medicine, diagnostic radiology, and healthcare quality and management, he has decades of experience in private practice, academic and HMO settings. He is currently on staff at Johns Hopkins Medicine and is the author of the bestselling book Optimal Living 360.

Breaking Stereotypes: How to Enjoy Sex in Your 60s, 70s and Beyond

By Dr. Sanjay Jain, M.D., MBA

You're not supposed to be having sex...

At least that's what it seems like from the media's perspective.

Seriously, if you take Hollywood's word for it, sex is reserved for young people.

And if the topic of sex is applied to anyone beyond their 40s, it's either comic relief or about deterioration.

We're not just getting bombarded by this message from movies and TV shows, though.

Governments have even weighed in on the topic...

A handful of years ago, a woman in Portugal won damages after a botched surgery rendered her unable to have sex... but the country's highest court reduced compensation because it felt that the 50-year-old woman was at "an age when sex is not as important as in younger years."



Dr. Sanjay Jain, M.D., MBA

This ageist attitude is telling us that we are nonsexual beings. And that we should not, cannot and *do not want* to have sexual relationships.

This simply isn't reality.

Almost all of us are capable of maintaining a healthy sex life while continuing to reap the important benefits that come with it.

More Time to Enjoy

While it's true that sex isn't necessarily the same as it was when we were in our 20s, that doesn't mean it stops being important – or fun – when we're older.

In fact, women over 70 report that sex is more physically satisfying than it was in their 40s. And both men and women say that sex is more emotionally satisfying, according to a study from the National Council on Aging (see Appendix for more interesting findings).¹

This was unheard of a couple of generations ago.

When Dr. Alfred Kinsey started his groundbreaking research on sexuality, life expectancy was well under 70.

And the likelihood that folks would be healthy enough to engage in an intimate relationship past 65 wasn't even on the radar.

But now we've learned some interesting things about our longer life spans...

A study in the journal *Social Cognitive and Affective Neuroscience* analyzed seniors who were still in love with their significant others (for more than 21 years). Researchers ran brain scans of them and found that a dopamine-rich area of their brains was activating in a way similar to that of teenagers.²



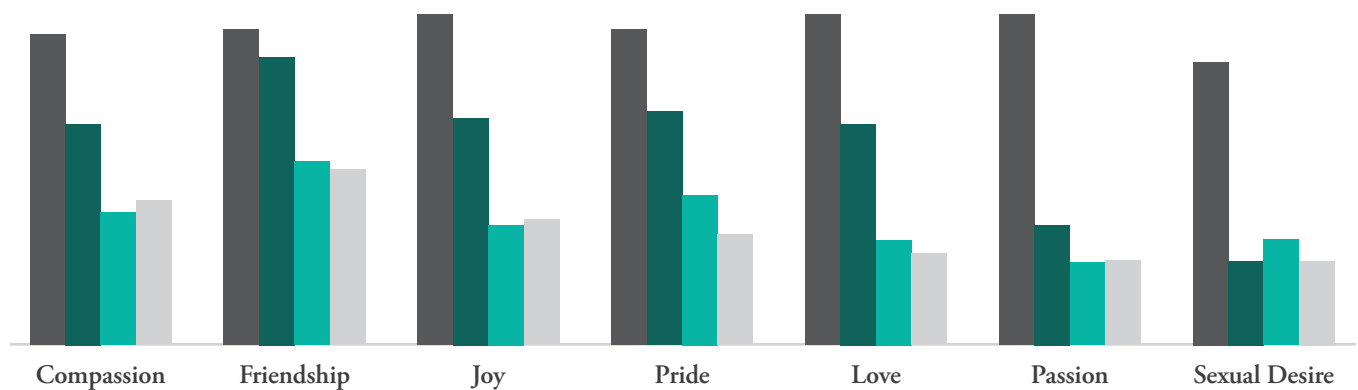
Seniors who reported intense love for a long-term spouse show significant activity in the dopamine-rich reward regions of the brain in response to images of their partner vs. a highly familiar acquaintance.

Even more surprising was the fact that an area with a high concentration of serotonin in the brain stem also



Emotional Intensity Ratings of Those in Long-Term Relationships

■ Partner ■ Close Friend ■ Highly Familiar Neutral ■ Low-Familiar Neutral



Source: *Social Cognitive and Affective Neuroscience*

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lit up like a Christmas tree.

This wasn't the case for those in younger relationships...

So sex with a long-term partner actually gives us the same neural rewards as youngsters and then some.

Natural Changes

Here's the problem with maintaining an active sex life when you're older.

Sex is sometimes more physically difficult or painful.

Our bodies go through changes as we get older. Our sexual organs undergo some natural modifications.

After women mature beyond the child-rearing age, the vagina shortens and narrows as the walls become thinner and stiffer.

And postmenopausal women sometimes find sex to be painful due to hormonal changes.

After menopause, estrogen levels in women drop dramatically. This greatly increases the need to use lubrication during sex to prevent pain and alleviate dryness.

However, having sex regularly will increase the production of natural lubrication and also help vaginal elasticity... both of which will make sex more

comfortable and enjoyable.

While women deal with many changes to their sexual organs, the primary issue facing men is erectile dysfunction (ED).

More Than Meets the Eye

ED is very common. Some 30 million men deal with it in the U.S. alone.

As such, tens of millions of men are currently taking medication... for a problem that they'd prefer not to talk about.

While men can keep this secret between them and their doctors, there's something else you should know about it.

There's a very specific organ that is a good indicator of your overall vascular health. And frustrations in the bedroom may be an early warning sign of bigger problems.

Men dealing with ED have a 59% higher risk of coronary heart disease.

They are also 34% more at risk of stroke and have a 33% higher general mortality rate.³

This is troubling, to say the least.



So if this is happening frequently and for months at a time, it's high time you start paying attention.

Finding out if ED is an early warning sign of heart disease is a simple process.

A full physical from your doctor will tell you everything you need to know.

You want to make sure that blood sugar levels are checked and blood pressure is in a healthy range. And have a calcium scan to see if there is plaque around the heart.

If any of these tests show results out of the normal range, that can be good news... because you and your doctor will have a head start on treating the serious root cause of your ED.

But let's not forget a few other troublesome conditions that often come with growing older and can affect your sex life.

Take Pains to Be Comfortable

Take arthritis, for example.

If it hurts to get out of bed or just walk around, sex can be a new potential source of pain.

The problem with a condition like arthritis is it can take much of the spontaneity out of sex.

If you're not sure whether you're going to be physically able to have sex or it will be a painful process... put a pin in it.

But you can take advantage of something I've written about before: chronotherapy.

This is the tactic used to optimize the effects of medicines or supplements so that they are most useful when you need them to be.

For instance, if you know your arthritis medicine kicks in four hours after you take it, use that time to your advantage and plan a rendezvous in the bedroom.

Leading up to the planned intimacy, a warm shower (with or without your partner) can help ease stiffness in the muscles.

You can also strategically place extra pillows to help take some of the stress off your joints.

This might take some experimentation, but that should be part of the fun.

If one position puts strain on the joints and aggravates your arthritis, get creative and find something that works better.

The important part of all this is to always keep communication lines open.

If something's working, let your partner know. And if it's not, be receptive to making changes.

Whether you've been in a relationship for a few decades or a few weeks, if you're comfortable enough to be naked next to someone, you should be comfortable enough to talk to them.

And remember if you do happen to get injured during sex (or anything else for that matter), your body requires more time to heal...

So don't try and push yourself too hard.

Take Heart

Arthritis is just one of many ailments that can get in the way of a healthy sex life.

Let's look at another. Heart disease is one of the most common topics we doctors field, as it relates to sex.

"Can my ticker take it?"

Of course, it won't hurt to have the conversation with your doctor (especially if you've recently had any sort of surgery), but if you'd rather avoid a possibly uncomfortable talk with your doctor...

The general rule is that if you can handle walking up a flight of stairs, you can take a good romp in the hay.

That being said, the stakes can be a little higher if you're engaging in the act with someone for the first time.

First-time sexual encounters with someone are inherently more stressful... and can be a point of worry for those with weaker hearts.



So be open with your partner and explain that you have some reservations.

Talking about it upfront can assuage any game-time flutters and put you and your heart at ease.

Safety First

And speaking of the first time...

Even in our senior years, it's still important to be safe.

If you've been in a monogamous relationship for years, that's one thing.

But that's not the case for everyone. The number of sexually transmitted diseases is on the rise. And the sharpest increase is among older adults.⁴

STD diagnosis rates in those over 60 have jumped 23%.

That's compared with an 11% increase among the entire population.

So it's worth noting that just because you don't have to worry about making a baby doesn't mean you can't catch a case of the clap or syphilis.

Anyone having sex with a new partner (or multiple partners) needs to take precautions.

It might seem silly, but condoms are important no matter how old you are.

These are the last line of defense against infection.

I know a lot of older adults who were monogamous long before the AIDS crisis who are now finding themselves "playing the field" for the first time in a long time.

While that's perfectly normal, they still need to be safe and use protection.

And when using lubrication, it's also important to choose a water-based version because oil-based lubricants can cause a latex condom to break.

Not All Sex Needs to Be Sex

Sex is only one way to have a fulfilling sex life.

Any level of intimacy can provide a much-needed source of pleasure.

A good hug and some snuggling have benefits similar to sex in that they also decrease cortisol levels (the stress hormone) while building up a level of closeness.⁵

5 Benefits of Hugging

- Reduces stress
- Helps protect against illness
- Boosts your heart health
- Elevates your mood
- Reduces anxiety

Then there are the emotional and sensory pleasures you can enjoy together.

Reminiscing and holding hands while going for a walk can help reinforce the strength of a relationship.

And just five minutes of close contact with your partner can also lower blood pressure.

So even if sex isn't in the cards, just remaining physically close can be an important bonding exercise.

Undiminishing Returns

A healthy sex life is crucial for a good relationship and overall quality of life.

And regardless of how the media portrays it, sex shouldn't stop being fun as we get older.

With the kids out of the house and fewer demands on your time, you have more privacy to explore and be creative than you've ever had.

And with all the bad news coming at us from every direction, sex gives us a brief respite... a chance to escape the harsh realities of the world while doing something fun that's actually good for us.

It's an activity that just about any adult can enjoy into their 60s, 70s and beyond... no matter what Hollywood tells us.



Gimme a Boost... of Testosterone

Salmon is packed with so many important vitamins and nutrients that we've included a pair of recipes featuring this versatile protein.

There's also a little bonus recipe at the end for those who like to have a tippie before the mood strikes.

Asian Ginger Salmon

Ingredients:

- 2 wild-caught salmon fillets
- 3 to 4 green onions (thinly sliced)
- 2 cloves of garlic (minced)
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon dark brown sugar
- 1/2 tablespoon ginger (freshly grated)
- 1/2 tablespoon sesame seeds
- 1/8 cup extra-virgin olive oil
- 1 large Ziploc bag (large enough to hold both fillets and marinade)



Honey-Ginger Glaze

Ingredients:

- 1 tablespoon raw honey
- 1/2 teaspoon ginger (freshly grated)
- 1/2 teaspoon soy sauce
- 1/2 teaspoon sesame seeds
- 1/2 teaspoon sesame oil

Glaze Directions:

You can make the glaze ahead of time or as the fish is cooking. Just mix all the ingredients together in a small bowl, and set aside. If you keep it in the refrigerator, be sure to seal it airtight.

Salmon Directions:

In a medium bowl, whisk together the olive oil, vinegar, sesame oil, brown sugar, garlic, ginger, sesame seeds and green onions. Now add your salmon fillets to the Ziploc bag, pour the marinade on top and give it a good shake. Let the salmon marinate for at least an hour. Or you can let the fillets steep in the marinade overnight if you prepare in advance.

When it's time to cook, preheat the oven to 400 degrees. Meanwhile, lightly coat a baking dish with olive oil to prevent sticking. When the oven hits the mark, place the salmon and all the juicy marinade in the baking dish and cook for about 20 minutes. The fish is done when it flakes easily with a fork. Serve immediately with the honey-ginger glaze on the side. Tanoshī!



Snappy Salmon Salad

Ingredients:

- 4 ounces cooked salmon (flaked with a fork)
- 2 ounces crumbled goat cheese
- 2 cups mixed field greens
- 1 clove garlic (minced)
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon mayonnaise
- 1/2 teaspoon kosher sea salt

Directions:

In a large bowl, whisk together the lemon juice, mayonnaise, salt and garlic. Then slowly pour the olive oil in while continuing to stir until the dressing is a velvety consistency. Next, add the greens, salmon and goat cheese. Toss until everything is evenly coated.



Ginger Bang

Ingredients:

- 3 chunks of pineapple (about the size you'd get pre-chopped from the grocery store)
- 2 ounces dark rum
- 3/4 ounce apple cider
- 1/2 ounce Chambord (or the berry liqueur of your choosing)
- 1/2 ounce lime juice
- 1/2 teaspoon fresh ginger (freshly grated)
- Pinch of sugar (to taste)

Directions:

Muddle the pineapple, ginger and sugar in a shaker. Add the rest of the ingredients with a handful of ice. Give it all a good shake, and pour everything into a rocks glass.



What Does Sex Mean to You?

		% Agree It's Important at Any Age	% Agree It's Important to Quality of Life	% Interested in Sex	% Satisfied With Sex Life
All Respondents		76%	54%	30%	37%
Age	65-70	78%	57%	34%	38%
	71-75	72%	52%	28%	37%
	76-80	77%	50%	19%	36%
Gender	Male	84%	70%	50%	31%
	Female	69%	40%	12%	43%
Relationship Status	In a relationship	76%	61%	34%	40%
	Not in a relationship	75%	36%	19%	30%
Physical Health	Excellent	77%	56%	32%	40%
	Poor	71%	49%	21%	28%
Sexually Active	Yes	92%	83%	52%	49%
	No	66%	35%	16%	29%

Source: healthyagingpoll.org

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The Secret to a Stronger Sex Drive

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Enjoy Sex at Any Age

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