

Sexual healing

Forget the apple a day. To keep the doctor away, try jumping into bed. Here are the top five health benefits that regular romps can bring. (We suspect this wellness approach will be well supported on the home front.)



1 Headache sufferers: no more excuses

A migraine may be a surefire mood killer, but before you reach for the Advil and call it a night, think of the study done at the University of Oklahoma Health Sciences Center in 2001. One-fifth of female migraine sufferers reported relief after having an orgasm. Even if you don't have a headache, sex causes a surge in feel-good hormones. "Sex stimulates the release of endorphins and oxytocin, a chemical that reinforces emotional bonds," says David McKenzie, a Vancouver-based sex therapist.

2 Sniffing? Start snuggling

In 2004, researchers at Wilkes University in Pennsylvania measured levels of immunoglobulin A in 112 students and found those who had sex at least once a week had higher levels of the antibody, making them less vulnerable to infections such as colds and the flu.

Need a hand?

These bestsellers from sex shops across Canada will put the boom back in your bedroom.

LUBE: PJUR WOMAN

"Most women don't use enough lube," says Carlyle Jansen of the Toronto sex shop Good for Her. She recommends this silicone formula, which doesn't dry out as quickly as other brands. It's also condom- and toy-safe. \$14 (30 mL) or \$22 (100 mL).



DVD: CELEBRATING ORGASM

This acclaimed educational DVD is an explicit pep talk for first-timers, or those who want more guidance on how to make the earth move. \$39.



TOY: WE-VIBE

A Canadian invention, this vibrator won an international award for most innovative product last year. It delivers toe-curling stimulation to the clitoris and the G spot at the same time. \$149.

