

Russell, MD, director of provider education and quality assurance for GoHealth Urgent Care. "That exposure to unfamiliar microbes likely contributes to the increased production of IgA." And the more IgA you have, the better your body is able to zap any nasty invaders. Isn't it about time for some vitamin C? (As in coitus, of course.)

### Sex for Pain Relief

Your headache fix just might be an orgasm away. In one study in the journal *Cephalalgia*, 60 percent of migraine sufferers felt a reduction in pain during or after sex, and 19 percent of those reported that a sex session left them totally ache-free. One theory is that the endorphins unleashed during erotic romps have a healing power that can be practically medicinal.

### Sex for Fitness

Struggling to hit your daily 10,000 steps? Substitute some horizontal exertion and you'll be all set. For a 130-pound woman, the average number of calories burned between the sheets (or on top of 'em) is roughly equivalent to walking one mile at 3.5 to 4.5 miles per hour,

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THE PERCENTAGE THAT YOUR RISK OF DEVELOPING ENDOMETRIOSIS CAN DROP IF YOU HAVE ORGASMS DURING YOUR PERIOD. THE UTERINE CONTRACTIONS MIGHT HELP FEND OFF THE DISORDER.

SOURCE: 2002 GYNECOLOGIC AND OBSTETRIC INVESTIGATION STUDY

according to research from the Université du Québec à Montréal. Walk versus copulate? The choice is clear.

### Sex for Glow Skin

If you wanna keep getting carded, get laid at least three times a week. Men and women in relationships who had sex on the reg were perceived to be a whopping 5 to 12 years younger than they actually were in a survey conducted by a clinical neuropsychologist at the Royal Edinburgh Hospital in Scotland. Some possible reasons: Getting frisky increases circulation, sending oxygen-rich blood to the face, and it also prompts the release of human growth hormone, which may help make skin appear smoother and more supple.

### Sex for Success

Who (uh, we mean *what*) you do off the clock can amp up your on-the-job engagement and satisfaction, according to a new study published in the *Journal of Management*. Researchers found the mood lift you get from sex (even meh sex) helps keep you happy and engaged at work the next day. Now, if only that hot guy in payroll would help you test this research.... ■



## FALSE ALARMS

If you've been popping biotin supplements for lush hair, dewy skin, and strong nails, here's a tough pill to swallow: At high doses, the B vitamin could lead to misdiagnoses of pregnancy or conditions such as infertility, thyroid disease, and even cancer. Because certain lab tests use biotin to generate results, taking megadoses (a typical tablet can have up to 10,000 micrograms, far more than the recommended daily 30 micrograms) can produce false positive or false negative readings. We're not saying you have to pitch your whole stash—but check with your MD. She'll likely suggest you skip them for two to three days before a medical test.

—KRISSEY BRADY



### Can laser hair removal really darken my labia?

It might. Zapping unwanted hair does carry some discoloration risk—and although it could happen to anyone, the likelihood is higher if you have darker skin to begin with. Deeper complexions have more melanin, or pigment, which can overproduce in response to inflammation caused by lasers. That said, I hear from my dermatologist pals that today's more-advanced technology is safer to use on a wide spectrum of skin tones. But if you do notice a change in shade, don't go back for another treatment; that could cause further discoloration or even blistering (ouch!). Instead, to reverse the damage, try very light exfoliation or over-the-counter bleaching creams like hydroquinone.

SOURCE: JENNIFER ASHTON, MD, OB-GYN AND ABC NEWS CHIEF WOMEN'S HEALTH CORRESPONDENT