

her very soul and send rockets and fireworks through her whole body. Sex should never be rushed; but even when you don't have a lot of time on your hands, making love should be just that—doing loving, gentle things to each other to turn each other on with delicious feeling.

Dr. Eugene Scheimann, in his book *Sex Can Save Your Heart and Life*, says that sexual pleasure can bring harmony and happiness into our lives—and it can also make us physically healthier. He says:

1. Sex is the best and cheapest remedy for emotional stress.
2. Sex is excellent exercise and effective therapy.
3. Sex helps prevent hormone imbalance and reduces the narrowing of coronary arteries.
4. Sex can reduce the cholesterol level.
5. Sex helps ease the frustrations of "coronary risks" who are then less likely to eat, drink or smoke to excess.
6. Sex often assures a happier, more harmonious family life. Heart attack is 50% more frequent among unmarried men.
7. Sex for men in the later years prevents the false "menopausal syndrome," masculinity crisis and impotency.
8. Sex for women satisfies basic needs—

and sex can slow down the aging process.

9. Sex invites tenderness and togetherness and discourages hostility, self-destruction and loneliness.
10. Sex and love provide hope, optimism and a positive state of mind and well-being—crucial factors in the treatment of heart and other stress-related diseases.

Love is more out in the open now, and being affectionate is fun. You can't be lovey-dovey if you're all tensed up by mental tension (where am I going to get the money to pay all these bills?) emotional tension (I don't think she really cares—else why was she so turned on by that guy at the party?) and physical tension (I feel like I'm going to jump right out of my skin).

So once you take care of the physical with the yeast, lecithin, and vites, the mental and emotional will calm down too—remember they all work synergistically; or together—and even though the yeast, lecithin, and vites won't bring the money to pay the bills, they will relax you so much that all that trapped energy wasted in tension will be released so you can figure out in a relaxed state where you'll get the money or how you can stall gracefully till you can lay your hands on some cash. And now that you're not so tense physically, maybe you'll pat your