

## Completing the Sexual Response Cycle Three Times a Week Can Improve Whole Body Health

Debra Shade

Clinical Sexologist and Master Sexpert, USA

### ABSTRACT

Completing the sexual response cycle can improve individual whole-body wellness. While humans are born with the innate essential of completing the sexual response cycle (orgasm), a lack of education and generational bias has kept orgasm in a fog of shame and guilt. After twelve years of personal research and study on the process and pleasure of the human orgasm, it has led me to support the existing studies of human orgasm that report the bodies' whole-body benefits of the phases of the orgasm. How the human is stimulated to orgasm is less important than the existence of arousal and the intensity of the climax. There are four primary phases of the sexual response cycle developed by William Masters and Virginia Johnson and published in their 1966 book: Human Sexual Response. Through research, they created a four-step cycle that begins with excitement/attraction, and continues through a plateau, the orgasm and resolution process. There is much research conducted that supports their findings.

### \*Corresponding author

Debra Shade Clinical Sexologist and Master Sexpert Columbus, Ohio, USA.

**Received:** April 20, 2023; **Accepted:** April 22, 2023; **Published:** April 30, 2023

A prescription of completing the sexual response cycle three times a week, can give individuals whole-body health and this is because orgasms lower blood pressure and cortisol levels. It can be an antidepressant because of the change in mood and it also can be an antihistamine which would really benefit individuals who have sinus issues, where medication does not completely give relief of those symptoms. I have determined that completing the sexual response cycle does provide a perfect storm of hormones and chemicals that allow the body to experience wellness.

Primarily the hormones oxytocin, dopamine, and serotonin are released simultaneously. Oxytocin, a feel-good hormone that heightens pleasure causing relaxation, adjusting attitude, stress level and human connection.

Dopamine is that full rush excitement that can be compared to the "high" of a mood-altering drug. Generated in the frontal cortex as well is serotonin, this hormone is a communicator, carrying messages to nerve cells in the brain and through the entire body. It also adjusts mood, improves sleep, relieves pain, supports bone health, digestion and desire.

Whether the cycle is initiated through penetration, oral, anal or any other version of stimulation that causes the completion of the cycle through resolution, is individually based on current health status and personal ability to complete the cycle creating pleasure as well. This does have the ability to behave as medication for those capable of completing three orgasms a week, humans can experience the touted wellness.

Adult, Humans, Orgasm, Anatomy & Histology, Sexual Behavior & psychology, Play and Playthings, Sexual Health and Wellness, Sexual Response Cycle.

### Discussion

The first part of completing the cycle is excitement [1]. The immediate arousal and desire that a person feels when they find someone attractive at first sight. The sexual thoughts and how they feel about what they need as far as human touch or even arousal leads to a level of excitement that the body gets ready for sex with increased muscle tension, heart rate, flushing of the skin and of course the hardening and erection of nipples and the penis. The blood flow increases at this level and goes into the areas of the body that will support the exercise of sex so it is a major part of the process of completing the cycle.

The second phase is plateau, this is a stage of more intense excitement, this goes beyond excitement, and it brings the person to the brink of orgasm but orgasm does not result in this transition. Here the penis begins to become erect and hardens continuously until fully erect. The vagina will swell and in all humans the blood flow will increase and cause additional swelling in the erogenous zone.

In this phase, the vagina's eight thousand nerve endings when touched becomes pleasurable making the humans engaged and here is when the heart rate and the blood pressure rise, and the breathing will increase for both and creates a tension that continues through to resolution. There is a tightening in the testicles and the genital muscles begin to spasm and they feel a sense of pleasure throughout the entire body.

This intensity leads into the stage of orgasm. Here the body is going through full sets of contractions and muscle spasm in the pelvic area and ejaculation happens for the penis owner. This is the release of sperm from the prostates through the urethra tube and out of the body. This can be one to two tablespoons of semen.

The vulva owner may also release (squirting) or create an increase wetness that combines with the swelling of the breast, and trembles throughout their body.

The epitome of the sexual response which also happens to be the shortest phase. Often it may last from a few seconds to a few minutes. The hormones begin to rise and release, flowing through the entire body. These endorphins make the person feel happy and relaxed. Again, it should be mentioned that the blood pressure, the heart rate and breathing are at their highest rate and the breath is causing a rapid intake of oxygen.

The cycle ends with resolution. The phase in which the body functions slowly return to what is a "normal" level of functioning. All of the erect and swollen parts of the body go back to a resting state of pleasure, relaxation and calm. Of course, the body cannot remain at such a heightened state for long. This phase ends the sexual response cycle even if the individuals do not orgasm.

While vulva owners are able to continue to have multiple orgasms, the penis owner can only have one and require a phase in their system where they can regain an erection and move to another orgasm. This refractory period for penis owners may or may not bring a sexual session to an end.

It is rare for the mates to reach orgasm at the same time and may not have the same intensity of pleasure in each phase. However, the same hormones are released throughout this process. Oxytocin, dopamine, serotonin release and heighten the pleasure, they create adjustments in attitude, stress levels and an extreme need for human connection. In addition to the pleasure of orgasm, completing this cycle helps prostate health, lowers risk of a heart attack, improves sleep, relieves pain, supports bone health, digestion and desire.

The entire body benefits from the release of these hormones and chemicals. By performing something as innate as the acts of physical intimacy, we can enjoy the natural healing the body can create through lifestyle changes. For the instance of blood pressure specifically, studies show that the systolic pressure over diastolic pressure in a cardiac cycle. Measured in millimeters of mercury over the surrounding atmospheric pressure.

Simplistically, blood pressure is the measurement of pressure of circulating blood against the walls of blood vessels. A large part of this pressure is because the heart is pumping blood through the circulatory system. The process of completing the sexual response cycle includes the increase in heart rate and breathing altering the flow of blood through the body.

Doctors completed a study entitled Changes Of Blood Pressure And Heart Rate During Sexual Activity In Healthy Adults, where the results reported were "In both groups, the peak BP did not appear at orgasm, but at the beginning of plateau and dropped to baseline level at 10 min after orgasm (male 141.41+/- 17.13/91.05+/- 13.69 vs. 120.14+/-11.07/72.86+/-7.78 mmHg, female 121.67+/- 16.61/77.37+/-15.03 vs. 109.37+/-10.54/67.19+/-9.41 mmHg)". The significance of these results lies in the fluctuations of the blood pressure, which rested at a lower level. Other studies showed that blood pressure fell by 17mmHg after sex. Equivalent to having taken a water pill diuretic [2].

As a Clinical Sexologist and Master Sexpert, I propound that the first phase of this cycle must bloom into arousal from stimulation. Something often overlooked in past generations, especially for vulva owners, is the lack of modern day education that includes

intercourse for pleasure. Studies show that the more intense and pleasurable the orgasm, the better the health benefits. Individuals should be allowed to acquire information regarding various types of orgasm.

I endorse the ten orgasms listed below, however, there are more. It is possible for penis and vulva owners to learn these orgasms and thus ways to employ them to raise the bar on their pleasure. The term 'good' sex is subjective, but researchers reported that 'the more pleasurable the orgasm, the lower the readings on the day after intercourse.' This study was performed by Georgia State University, finding that people who had regular, satisfying sex had lower blood pressure.

The following orgasms can be utilized to create the four stages of the sexual response cycle with levels of pleasure creating that perfect storm of hormones to promote health and/or heal the body. All humans can create these orgasms with or without partner(s). They can use fingers and /or toys to stimulate these areas and parts of the body.

### **Clitoral Orgasm**

When stimulated, 8,000 nerve fibers of the clitoris interact with 15,000 nerve fibers in the pelvic area, leading to an intense orgasm. There are 18 parts to the clitoris, inside and outside of the body. The clitoris is a sex pleasure piece of heaven on earth. It is the most sensitive spot on the entire vulva owner body and has the sole purpose of providing pleasure.

It is located at the top of the vulva. Right where the inner labia join the upper ends. The visible part is the small, nipple size sensitive item. It is the vulva equivalent of the tip of the penis. The clit is often hidden by a protective hood; it enlarges (erect) making it even more sensitive. Many owners do not easily reach orgasm purely from vaginal stimulation and find it easier to climax from oral, digital, or mechanical stimulation of the clitoris.

### **Vaginal Orgasm**

A vaginal orgasm is the notion that vagina born individuals can have an orgasm through stimulation during intercourse or other vaginal penetration, entirely without clitoral stimulation. Only 36% of vulva born individuals can achieve orgasm during thrusting. Why? Those who have a shorter distance between their clitoris and their urethral mentus can better reach an orgasm this way because the clitoris is indirectly stimulated during sex. For the other 64%, it is difficult to achieve orgasm this way.

### **A-Spot**

This is the anterior fornix erogenous zone of the vagina, a patch of sensitive tissue right before the cervix. You may bump into the cervix and if you do, be careful, this may not be comfortable for every owner. The orgasm is achieved by stimulating the area 5-7 inches into and on the top wall of the vagina.

### **Deep Spot Orgasm**

This orgasm can be achieved by stimulating the deepest back wall of the vagina right behind the cervix. It can deliver a very intense and powerful orgasm. Typically, a vibrator is used to stimulate the deep spot. You can also use two fingers, be gentle but purposeful. Do not push past anything that feels "unforgiving," firm or solid.

### **U-Spot Orgasm**

This orgasm can be achieved by stimulating a small area that contains sensitive erectile tissue located directly above and on either side of the urethra opening. The American Clinical research

team found that the U-spot, when gently caressed, with the finger, the tongue, or folic, gave powerful erotic response.

### Breast Orgasm

Some humans can reach orgasm by the stimulus of their breasts/nipples. This is an orgasm that comes from sudden discharge of sexual tension while manipulated. The stimulation leads to the expansion of the breast releasing oxytocin that leads to relaxation. The feeling of radiating sensations around the breast, a fullness and erection of the nipple tissue can drive a person to orgasm. Massaging, squeezing, pinching, licking, and biting are all actions that can get them there.

### Oral Orgasm

Some are overly sensitive in their mouths and can reach orgasm when kissing or receiving/performing oral sex. There are so many ways to express your love, but none so tender as a kiss. Deepen your intimacy and bring more fun and playfulness into your relationship. The kiss is more than just a powerful form of foreplay. Giving or receiving oral – placing your mouth, teeth or tongue on the genitals of a mate(s) and stimulating through licks, sucks, nips, bites, and kisses through the process of orgasm.

### Skin Orgasm

Some folks can reach orgasm at the stimulation of their skin, during a massage, a facial, or any stimulus to their skin. Most often while listening to music. You may feel a fluttering in your stomach, a shiver down your spine and a racing heart when you listen to music. The tendency for classical music to be the main cause of these reactions may be more due to bias in research than anything unique about it. Research has found that around 24% of people experience tears, 10% shivers, while 5% get goosebumps on their skin.

### Mental Orgasm

These orgasms can be used by people with sexual dysfunction, those who have had clitorectomies, and anyone with a physical condition that makes genital orgasms difficult or impossible. Some people can reach orgasm during auditory or visual stimulation, like watching a movie, reading erotic content, or watching others having sex. The ability to orgasm through the stimulation of deep, intelligent conversation that you can feed into is known as being a sapiosexual. This orgasm happens without manual or oral stimulations.

### G-Spot Orgasm

The Gspot, named after Dr. Ernst Gräfenberg who first wrote about it in 1950, is a sensitive area located just behind the frontal wall of the vulva, right within the first 2-3 inches of the vaginal canal. It is not a button; it is an area that is located between the clitoral legs that are internal and is the urethral sponge. The G-spot is an erogenous zone that can lead to arousal into an ejaculatory (squirting) orgasm for vulva owners. This differs from vaginal lubrication, which is conducted by the walls of the vagina which rapidly becomes covered in a liquid film when sexual arousal first begins. There are specialized glands surrounding the urethral tube, called Skene's glands, similar to the prostate, and under extreme stimulation, they produce an alkaline liquid that is chemically similar to seminal fluid. Ejaculation will range in quantity from two teaspoons to cups full.

Understanding of human anatomy shows that just as in the prostrates of the penis owner being different than the bladder, but share the urethra tube, so it is for the vagina owner. The fluid released from the Skene's glands is released through the urethra

causing the sensation of having to pee but is not expelled from the bladder at all. Thanks to the pubococcygeus (PC), our bodies know which "flap" to open based on the hormones and chemicals soaring through the body, it senses which flap to open and thus what is being expelled through the urethra tube.

### Primary Endpoint

The primary endpoint of this article is to provide evidence that orgasms are essential to our whole-body health. The benefits we receive from the combinations of hormones are the foundation for the positive results of multiple ailments the human body can prevent or heal absent physical or medicinal issues. Orgasm is possible through overcoming generational conversations of having sex for procreation only, that sex is bad, societal labels on individuals having sex for pleasure are harmful and a reason why there is not enough research to solidify the health powers of orgasms.

### Conclusion

Knowing more about the anatomy can allow you to explore acts of sex that can be pleasurable and beneficial for the whole body. knowledge of what that pleasure looks like individually can be shared with mate(s) making orgasm more likely to happen with a partner(s). Everyone needs to be sure they have clearance from their doctor stating that they are healthy enough to have sex. Even folks who are identified as disabled, handicapped or mentally ill are able to have intercourse but all participants will need to have medical clearance to participant.

Practicing three orgasms a week will create and/or improve whole body health through the lowering of blood pressure and cortisol levels, lowers risk of heart attack, reduces pain, depression and acts as an antihistamine. The hormones released also aid in digestion, sleep, bone health and the feelings of pleasure, relaxation and stress reduction. Having the knowledge to create various orgasms and varied levels of intensity can help humans explore the prescription of orgasms for whole-body health benefits.

### References

1. Dhanorkar, Uttakar, (2016) What Are the Four Phases of the Sexual Response Cycle? Disease and conditions. MedicineNet
2. Tan Xue-Rui, Ying Lv, Da-Zhong Yang, Xiao-Jun Chen (2008) Change of blood pressure and heart rate during sexual activity in healthy adults. Blood pressure monitoring 13. 211-217.

**Copyright:** ©2023 Debra Shade. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.