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HEALTH & WELLNESS



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August 4th 2010: 10 Health Reasons to have more sex!

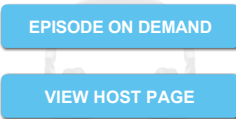
Promiscuity can be risky, but did you know that regular sex, as part of a stable, monogamous relationship, can actually be good for your health? Research has shown that even a modest love-making routine can help routine can help control weight, lower cholesterol, improve heart health, manage pain and reduce stress. Sex, according to my guest this week Judy Gaman is one of 10 critical components of overall health far too often over looked by people whose busy lifestyles are interfering with their well being. Tune in this Wednesday to find out what a lack of interest in sex may indicat

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Featured Guest



Judy Gaman

Judy Gaman is a professional speaker, published author and a health and wellness expert at Executive Medicine of Texas. Through her presentations, she has a unique way of taking her audience on a mental journey and leaving them inspired to share their new found knowledge with others.

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