



Study Shows Divorced, Widowed Adults Have More Chronic Health Concerns

**Sexpert Genie James Has Solution:
Stay Married and Have More SEX!**

For Immediate Release

Jacksonville, Fla. (July 29, 2009)—A [new study](#) shows that men and women who are divorced or widowed have an increased chance of facing health risks in the future than those who are married. The study which appears in the September issue of *Journal of Health and Social Behavior*, found the people who were divorced or widowed and have not remarried were 20 percent more likely to have heart disease, diabetes, cancer or another chronic condition. Scientists also concluded that those individuals were 23 percent more likely to have mobility problems, such as difficulty climbing stairs or walking short distances.

[Genie James, M.M.S.C.](#), Executive Director of the [Natural Hormone Institute](#), says the study is further proof that an active marital sex life promotes overall health and longevity. “Couples who have regular, steamy sex tend to be healthier because of the hormones, such as [oxytocin](#), that are released during an orgasm.”

The study also found that those individuals who were divorced or widowed, but then remarried had a lesser chance of experiencing chronic health conditions and mobility problems.

Regular sexual activity can have other positive impacts on your health, as well, says James. Some of those impacts include, positive weight management and overall fitness, a stronger immune system, a reduced risk of heart disease and prostate cancer, a more positive attitude and more,” she says. James’ new book, *In the Mood Again* (Simon & Shuster January 2010) counsels couples on how to regain their lost libido and maintain a healthy sex life for years to come.

In her book, James cites a 1997 British study analyzed the connection between sexual activity and the risk of death in men, concluding the risk of death from all causes, such as heart disease, was halved among men who reported the highest frequency of orgasm.*

*R Doll. One for the heart. British Medical Journal 315 (1997): 1664-1668

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