

Benefits from Optimal Orgasms (the Tao of Sexual Orgasms): Orgasm triggers the pituitary to release prolactin. Although chronically excessive prolactin can disable the sexual function, induce cancerous development, screw up the reproduction system and cause depression, an optimal prolactin release from your pituitary and eyes, as a result of an orgasm, is good for hGH production, cancer and tumor prevention and for healthy eyes, brain, heart, liver, kidneys, uterus and prostate. Particularly, if **chondrocytes** (bone marrow stromal stem cells) can release the enzyme matrix metalloproteinases to convert prolactin into 16K-prolactin (16 kDa N-terminal fragment of the hormone prolactin), you will benefit from the antiangiogenic effects from 16K-prolactin. 16K-prolactin can block the **blood vessel invasion or new blood vessel growth**, associated with the endochondral bone formation (blocking mitogen-induced vascular endothelial cell proliferation, involved activation of programmed cell death) and tissue repair after injury and inflammation (by prostaglandin E2!), which is an important mechanism underlying human diseases such as cancer, diabetic retinopathy, rheumatoid arthritis, and heart diseases. It is antiangiogenic, but excessive 16K-prolactin inhibits the penile or clitoral growth, or other normal cellular or nervous repair and regeneration/rejuvenation. Therefore, you need an optimal orgasm frequency to prevent cancers (including prostate cancers), tumors and **retinopathy** (non-inflammatory damage to the **retina** of the eye, due to lack of of the blood supply, damaged or constricted blood vessels.) However, you should not have an excessive sex or orgasm since it will produce excessive stress hormones to inhibit the release of the enzyme matrix metalloproteinases, to suppress the neuro-immune system, and to activate the inflammatory factors triggering your health alarm system, as a result of the excessive prostaglandin E2 production. The inflammatory factors actually damage the bone marrow cells. Due to the fact that semen contains high concentration of Phosphorylcholine essential to the brain and nervous function and repair, the old Taoists theorized that men can return semen (actually phosphorylcholine) to revert the brain. Generally speaking, the concept is correct; however, when the brain's dopamine or testosterone level is too high for excessive semen production, your pituitary will be over-excited, leading to excessive oxytocin release and prolactin deficiency, in addition to neuroexcitotoxicity from dopamine-induced excessive glutamate and histamine production, the deamination of dopamine to DOPAL and the oxidative stress from the demination byproduct **Hydrogen Peroxide**. Therefore, Optimal orgasm and ejaculation can help you burn some dopamine and testosterone out, and then induce the prolactin release from the pituitary and retina tissues for some protective and anti-inflammatory hormone 16K-prolactin in cooling down the nervous systems. In this way, you can avoid the side effects of excessive dopamine or testosterone, and benefit from sex. **That is, an optimal orgasm or sex can improve your health.**

Remember this:

Bone Marrow and Sperms: Reuters (April 13, 2007) said Dr. Karim Nayernia at the University of Gottingen, discovered stem cells taken from the bone marrow of men may be able to transdifferentiate to sperm cells in 3-5 years - <http://search.yahoo.com/search?p=Karim+Nayernia+sperm+marrow&ei=UTF-8&fr=moz2>

The Traditional Chinese Medicine considered bone marrow is Essence (Jing) for semen production. What is a coincidence! This means that over-ejaculation or excessive orgasm will cost your bone marrow and weaken your bone. Other stem cells researches have done similar work in female mice and turned bone marrow cells into egg cells. What does this mean to women's body pains or arthritis? This means excessive orgasm/sex/ejaculation, job-related stress, substance abuse or toxins can inhibit the **enzyme matrix metalloproteinases** from the bone marrow stromal stem cells. This is why our readers kept reporting inflammatory pains and arthritis induced by orgasm/ejaculation, job-related stress, substance abuse or toxins.

As of today, a high level of prolactin has been realized as a promoter or co-initiator of breast and prostate cancers, in addition to disable the sexual function. It appears to play a key role in the

development and progression of breast and prostate cancer and tumors. So, keep your prolactin level in the normal range and avoid the synergistically biological effects of the prolactin on the estrogen or/and DHT receptors.

You will get another benefit from sex and orgasm if you get a resulted elevation of both GABA and glutathione which are converted from excitotoxicity glutamate. GABA is synthesized from [glutamate](#) using the [enzyme L-glutamic acid decarboxylase](#) and [pyridoxal phosphate](#) as a [cofactor](#), and glutathione from the amino acids [L-cysteine](#), [L-glutamate](#) and [glycine](#) in two [adenosine triphosphate](#)-dependent steps: by combining L-glutamate and cysteine via the enzyme [gamma-glutamylcysteine synthetase](#) to form gamma-glutamylcysteine, and then adding glycine to gamma-glutamylcysteine via the enzyme [glutathione synthetase](#) to produce glutathione. Elevation of GABA with serotonin, norepinephrine and prolactin after sex or orgasm will trigger the pineal gland and retina to release melatonin for better sleeping, hGH production, nervous regrowth, neuro-endocrine restoration, cellular repair, and sharper vision; Elevating of glutathione can reduce the formation of oxidative toxins, such as **Hydrogen peroxide** (H_2O_2), associated with oxidative injury and cellular/nervous damage.

However, if you lack of these liver enzymes ([L-glutamic acid decarboxylase](#), [pyridoxal phosphate](#) , [gamma-glutamylcysteine synthetase](#) and [glutathione synthetase](#)) and amino acids [L-cysteine](#) and [glycine](#), you will get excitotoxicity and brain/nervous damage from your orgasm sponsoring neurotransmitters glutamate, dopamine, norepinephrine, epinephrine and histamine which stimulate the gene over-expression of monoamine oxidase in your brain, liver, kidneys, adrenal glands, heart and other organs for premature ageing, brain and nervous damage, and sexual exhaustion symptoms (as listed in <http://www.actionlove.com/cases/case9848.htm>).

Sexual arousal, ejaculation or orgasm induces a burst of norepinephrine and epinephrine release. For a health person, the norepinephrine and epinephrine release is supposed to stop in few minutes after sex and drops in maintaining the homeostasis. Overall, the norepinephrine and epinephrine level will stay higher for few hours. Norepinephrine and epinephrine can trigger both proinflammatory and anti-inflammatory cytokines and kinases in the immune system via the stimulation of the alpha- and beta-adrenergic receptors. Moderate increase in norepinephrine and epinephrine during and after sex results in increase in the concentration of lymphocytes in the bloodstream for immune enhancement; and the anti-inflammatory cytokines overpower the side effects produced by proinflammatory cytokines. That is why optimal sex, like moderate exercises, can improve your health and neuroimmune function. However, excessive norepinephrine induces more proinflammatory effects than anti-inflammatory ones, leading to excessive prostaglandin E2 production to set your brain and body on fire - overheating, immune disorder and inflammatory responses. This is what you have to concern about.