

I'm IN

Issue 1

SEX: THE ANTI-AGEING SECRET NO ONE WILL SAY OUT LOUD

Ageing is described as physical. But the earliest decline doesn't show up in muscle or skin. It shows up when the nervous system stops being stimulated. Long before the body weakens, something switches off: curiosity, charge, appetite for sensation. Sex sits at the centre of that shutdown — yet it remains one of the least honestly discussed drivers of vitality in midlife.

Not because it's trivial. Because it's uncomfortable.

Sex keeps you awake. Dopamine — linked to motivation, alertness, desire — responds to novelty and anticipation. Familiarity doesn't kill pleasure. It lowers the volume.

Ageing is prolonged stress without relief. Chronic cortisol erodes tissue, fuels inflammation, disrupts sleep. The body becomes guarded, conservative. Safe. But not vital. Wellness culture manages stress. It doesn't interrupt it.

Arousal and climax trigger oxytocin and endorphins. Cortisol is suppressed. These states cannot coexist. This isn't relaxation. It's a biological takeover — pulling the nervous system out of vigilance and into restoration.

Youthfulness isn't energy. It's recovery. True repair happens in deep sleep — growth hormone released, tissue rebuilt. The post-orgasm state facilitates that window. Sex isn't the indulgence. It's the delivery system.

Oxytocin regulates stress, inflammation, vascular tone. Isolation accelerates ageing. Connection slows it.

Sex isn't a lifestyle extra. It's information. It tells the body whether to invest in repair or drift toward decay. Vitality doesn't fade because time passes. It fades when stimulation disappears.

Pretending otherwise hasn't made us wiser. Just quieter.