

Not tonight darling, you'll give me a heart attack..

Submitted by: Tiger White PR

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Sex life dies off after age 45, it was revealed yesterday by Kwai garlic
(<http://www.naturalhealthylife.co.uk>)

A new study shows one in 20 worry about having a fatal heart attack if they go at it hammer and tongs.

And 31 per cent of people polled admitted they have been known to cut a session short because they are too exhausted to carry on.

The poll of 1752 people, conducted by Kwai garlic (<http://www.naturalhealthylife.co.uk>) to raise awareness of the importance of embracing life's best moments, shows nearly 50 per cent think of sex as exercise. After all it has been reported by health experts that regular sex can lower the risk of heart attacks(1).

Spokesman for Kwai garlic (<http://www.naturalhealthylife.co.uk>), Iain Laing says: "The results of the survey highlight that maintaining a healthy lifestyle together with taking care of your heart, could help keep your sex life on track. By doing so the 31 per cent cutting a session short due to exhaustion, may have more energy to carry on.

"People over-45 should add sex to their exercise routine in order to help maintain optimum heart health, while having fun between the sheets. Taking Kwai is a safeguard to protecting and prolonging your sex life – helping you to continue to enjoy life together."

Six in 10 people admit they are ready for a nap straight after sex, and 26 per cent feel completely exhausted – only 14 per cent would consider starting again.

The average 45 year old has sex just once a week, and is lucky if it lasts longer than 22 minutes – including foreplay. And 75 per cent of people believe sex only gets worse as they enter their forties.

Six in 10 people over 45 polled don't feel sexy and the majority of over-45s agree they were having the best sex at age 36.

A quarter claim their bodies are saggy and wrinkly, 70 per cent feel fat, and 24 say their health is already diminishing.

Unfortunately, the study found 43 per cent of those aged 45 and above are getting less sex than ever before.

And when they do make it into the throes of passion, a token one position is tried out before settling with the standard missionary.

Sex is restricted to the bedroom for 85 per cent of couples, and 64 per cent will only make love with the lights off.

A quarter say their sex life is getting worse because their confidence has reduced with age, and a staggering 37 per cent don't have enough energy to perform.

Fourteen per cent of people admit their partner still doesn't know how to please them, and one in 10 feel uncomfortable with their other half – despite having been with them for years.

And even by this age, 12 per cent admit they still don't really know what they like in bed, and 18 per cent aren't confident enough to guide their partner.

Iain Laing continues: "The survey clearly demonstrates that looking after your health is vital as you get older and sex shouldn't be excluded from your life because of worries about putting a strain on your heart. It should be embraced, both as a way to keep life exciting and also of looking after your heart."

Research has shown that garlic contains a powerful ingredient called allicin which may be the key to helping maintain healthy cholesterol levels, decrease blood pressure and increase blood flow to the heart.(2)(3)

Allicin is created when two important substances in garlic cloves – an amino-acid called Alliin and an enzyme called allinase – come together when crushed or cut. Dried garlic contains a higher allicin yield than cooked or raw garlic, so when using it for medicinal purposes it is best consumed as a quality supplement.

Though garlic can be eaten raw, due to the strong flavour and lower levels of allicin concentrate, some people may choose to supplement their diet as an alternative. Always look for a supplement that provides high allicin content and is standardized so you are guaranteed the same dose every time.

PRODUCT DETAILS

Try Kwai garlic (www.naturalhealthylife.co.uk) heart health supplements, which costs £4.99 for 30 one-a-day tablets and £13.95 for 100 one-a-day tablets. Available from Boots, Tesco, Sainsbury's, Superdrug, Morrisons, Waitrose, Holland & Barrett, Lloyds Pharmacy and all good independent health food stores and pharmacies. For more information, visit www.naturalhealthylife.co.uk

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