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**SWAP A FEEL**

Still feeling whole-y

about that strings-attached college hook-up? Chill. Swapping sex for stuff is pretty common, reports a study in the journal *Evolutionary Psychology*.

Twenty percent of college students reported giving shwag (like football tickets or a Louis Vuitton bag) to get sex; 22 percent said they'd hawked sex for goodies (and not because they needed them—most were flush undergrads). What's more, we've been doing it for millennia. Our primate ancestors often traded sex for food and other goods, says lead researcher Daniel Kruger, Ph.D., who cited marriage as the ultimate modern example.

**1.39**

**Number of times your infertility risk can rise if you're a hardcore carnivore,** a recent study in the *American Journal of Obstetrics and Gynecology* finds. Subjects who ate the most animal protein produced more insulin and had higher levels of the hormone IGF-1, both linked to infertility. Baby-minded? Consider reducing red meat and poultry to one serving daily or swap them with eggs, beans, or nuts.

Source: Lead author Jorge Chavarro, M.D.

## Make Your Move

Lost that lubin' feeling? Rip around the block:

**Exercise increases arousal,** reports a study in *The Journal of Sexual Medicine*. Female subjects watched porn after being sedentary and then after exercising on a treadmill for 20 minutes. Researchers found that genital blood flow during viewing was 20 percent higher after the women had worked out. Exercise pumps blood through your body faster, which helps enhance arousal and vaginal lubrication, says lead study author Cindy Meston, Ph.D. So save the scented bathwater, pause the Sade, and drop and do 20. Then slip your sexy on.



Worked up.

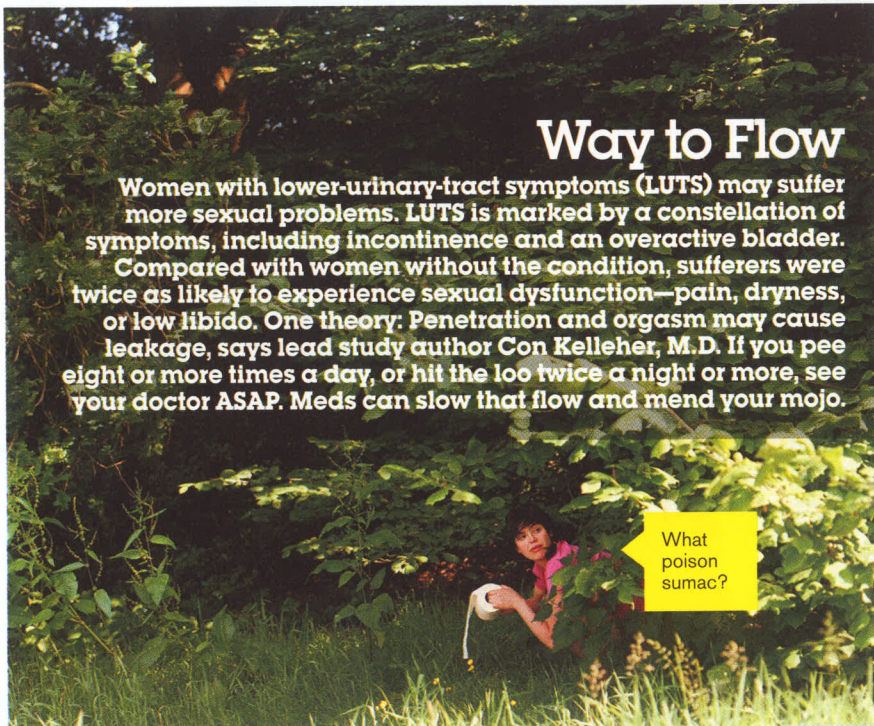
## Sex and the Cities

When it comes to the daily grind, just how sexy is your city? The market research company ACNielsen looked at contraceptive sales across the country to determine which U.S. cities were getting busiest. Judging from the lineup, cold, damp, and rainy seems to fire up the love connection. Check out the top burgs for bumpin':

1. Denver, CO
2. San Antonio, TX & Portland, OR (tie)
4. Seattle, WA
5. Salt Lake City, UT & Boise, ID (tie)
7. Washington, D.C.
8. Cincinnati & Columbus, OH (tie)
10. Baltimore, MD
11. Buffalo & Rochester, NY (tie)

## Way to Flow

Women with lower-urinary-tract symptoms (LUTS) may suffer more sexual problems. LUTS is marked by a constellation of symptoms, including incontinence and an overactive bladder. Compared with women without the condition, sufferers were twice as likely to experience sexual dysfunction—pain, dryness, or low libido. One theory: Penetration and orgasm may cause leakage, says lead study author Con Kelleher, M.D. If you pee eight or more times a day, or hit the loo twice a night or more, see your doctor ASAP. Meds can slow that flow and mend your mojo.



What poison sumac?

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**DIRTY LOOKS**

Our romantic intentions may be written all over our faces, reports a study in *Evolution and Human Behavior*. In one trial, 153 volunteers looked at the faces of 170 men and women who indicated experience with or interest in casual sex. Of 212 volunteers, 72 percent correctly identified what the person was looking for more than half the time. It may be a skill inherited from our ancestors, who would've been able to reproduce more often if they knew whom to cozy up to on a cold night in the cave, says lead researcher Lynda Boothroyd, Ph.D.