

Eight Benefits of Kissing Your Spouse

1. Reduce Your Blood Pressure

Kissing helps to dilate your blood vessels, which may help lower your blood pressure.

2. Relieve Cramps and Headaches

The blood-vessel-dilation effect described above also helps to relieve pain, particularly from headache or menstrual cramps. If your wife has PMS, help her out – Kiss her!

3. Fight Cavities

When you kiss, saliva production increases in your mouth, and this helps to wash away plaque on your teeth that may lead to cavities.

4. Release Your Happy Hormones

Kissing prompts your brain to release a happy elixir of feel-good chemicals like serotonin, dopamine, and oxytocin. This isn't only important for your happiness, it also may also help to strengthen your relationship. *"This [oxytocin] is the hormone of love, and the better the oxytocin levels, the more capacity for love, We have found that those who cannot commit in a love relationship are low in oxytocin."*

Interestingly, kissing activates the same areas in your brain linked to reward and addiction. Why not let your spouse be the source for your addiction? Your lips are also densely packed with sensory neurons, which are stimulated by the touch of another's lips. This prompts the release of sebum, which is thought to play a role in bonding.

5. Burn Calories

It's not going to replace your workout session... but a vigorous kiss may burn 8-16 calories. Not too shabby for a kiss.

6. Boost Your Self-Esteem

One study found that men who received a passionate kiss before they left for work earned more money. This suggests the kiss (and perhaps the happy home-life it suggests) makes people happier, boosts self-esteem and, ultimately, more productive at work.

7. Tone Your Facial Muscles

A vigorous kiss helps you shape up your neck and jawline by working out a number of facial muscles. Better than Botox shots!

8. Boost Your Immune System and Relieve Stress

The average person spends more than 20,000 minutes of their life kissing, and for very good reason. In addition to the benefits above, kissing has been shown to boost your immune system and reduce allergic responses in people with skin or nasal allergies. Separate research also revealed that people who spent six weeks making kissing a priority with their spouse reported significant decreases in their levels of stress. In addition to improvements in stress, the kissing participants also reported greater relationship satisfaction and improvements in total cholesterol.

Let him kiss me with the kisses of his mouth: for thy love is better than wine. Song of Solomon 1:2

Thy lips, O my spouse, drop as the honeycomb: honey and milk are under thy tongue; and the smell of thy garments is like the smell of Lebanon. Song of Solomon 4:11

And the roof of thy mouth like the best wine for my beloved, that goeth down sweetly, causing the lips of those that are asleep to speak. I am my beloved's, and his desire is toward me. Song of Solomon 7:9-10

The Ten Rules of Marriage

Rule #1 Marriages are made in heaven. But, so are thunder and lightning.

Rule #2 If you want your wife to listen and pay strict attention to every word that you say, talk in your sleep.

Rule #3 Marriage is grand —- and divorce is at least 100 grand!

Rule #4. Married life is very frustrating. In the first year of marriage, the man speaks and the woman listens. In the second year, the woman speaks and the man listens. In the third year, they both speak and the neighbors listen.

Rule #5 When a man opens the door of his car for his wife, you can be sure of one thing: Either the car is new or the wife is.

Rule #6 Marriage is when a man and woman become as one; The trouble starts when they try to decide which one.

Rule #7 Before marriage, a man will lie awake all night thinking about something you say. After marriage, he will fall asleep before you finish saying it.

Rule #8 Every man wants a wife who is beautiful, understanding, economical, and a good cook. But the law allows only one wife.

Rule #9 Marriage and love are purely matters of chemistry. That is why a wife treats her husband like toxic waste.

Rule #10 A man is incomplete until he is married. After that, he is finished.