

# Emily Austin Seems To Think That Sex Is An Extravagant Pleasure aka natural but unnecessary. Do you agree?

Post by “Godfrey” of November 9, 2023 at 6:32 PM

## [Quote from Pacatus](#)

Hippocrates, the father of Western medicine, supported that unrestrained intercourse could cure dysentery.”

That one's news to me! 🤔

I've been taking a qigong course this year. At one point, in answer to somebody's query, the instructor posted a chart with guidelines for sexual release. I don't remember the details; something like every day when in one's 20s, every thirty days after one turns 60 (don't quote me on those!), and a sliding scale in the decades between. Apparently one or more students had been instructed by others to retain their semen and were having various ailments. So, at least for some schools of Chinese medicine, sex is considered to be healthy. (I personally don't have much understanding of Chinese medicine: just passing along an anecdote.)