

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

**Post by “Cassius” of September 18, 2024 at 9:31 AM**

[Quote from Eric](#)

I'm sure that's true. Could you elaborate what you mean?

Well mostly what I was referring to is just the way people typically "slow down" or develop chronic disease conditions with age. I'm personally at the point now (over 60!) that I just don't have the energy to do the things I used to do in whole range of areas. That makes diet and exercise even more important over time, I guess!