

# Sex As Nature Intended It

## Sex As Nature Intended It

*The Most Important Thing  
You Need to Know About Making  
Love  
But No One Could Tell You  
Until Now*

*Kristen O'Hara  
with Jeffrey O'Hara*

Afterword by George C. Denniston, M.D.

**Sex as nature intended it** is a concept that invites exploration of the biological, emotional, and psychological dimensions of human sexuality. Throughout history, sex has been a topic of fascination, debate, and sometimes misunderstanding. Understanding sex from a natural perspective involves looking at the evolutionary, biological, and cultural contexts that shape our intimate relationships. This article aims to explore these dimensions, emphasizing how sex can be viewed as a natural act, its purpose within human life, and the various ways it can manifest.

# Understanding the Biological Basis of Sex

Human beings are inherently sexual creatures. Biologically, sex serves a fundamental purpose: reproduction. However, the complexities of human sexuality extend far beyond mere procreation.

## 1. Evolutionary Perspective

From an evolutionary standpoint, sex is a means of genetic diversity. The genetic variations that arise from sexual reproduction enhance the adaptability of a species. Here are some key points to consider:

- Genetic Diversity: Sexual reproduction allows for the mixing of genes, which can lead to stronger offspring.
- Mate Selection: Evolution has equipped humans with certain traits and preferences that guide mate selection, often referred to as sexual selection. These traits can include physical appearance, intelligence, and social status.
- Parental Investment: Human beings exhibit a high level of parental care, which is beneficial for the survival of offspring. This investment influences mating strategies and sexual behavior.

## 2. Hormonal Influences

Hormones play a crucial role in regulating sexual behavior. Key hormones such as testosterone, estrogen, and oxytocin influence desire, arousal, and bonding:

- Testosterone: Primarily associated with male sexuality, testosterone contributes to libido in both men and women.
- Estrogen: Levels of estrogen can affect sexual desire and arousal in women, particularly during different phases of the menstrual cycle.
- Oxytocin: Often referred to as the "love hormone," oxytocin is associated with bonding and emotional intimacy, which can enhance sexual experiences.

## The Psychological and Emotional Dimensions

Sex is not only a physical act; it is deeply intertwined with emotional and psychological aspects of human life. Understanding these components is essential for comprehending sex as nature intended it.

### 1. Intimacy and Connection

Sexual relationships often foster intimacy and emotional connection between partners. This

bond can enhance overall relational satisfaction and personal well-being. Consider the following:

- Emotional Safety: A secure emotional connection allows individuals to feel safe and open with their partners.
- Vulnerability: Sexual intimacy can involve a level of vulnerability that deepens trust and connection.
- Mutual Understanding: Communication about desires and boundaries is crucial for a fulfilling sexual relationship.

## **2. Sexual Identity and Orientation**

Understanding one's sexual identity and orientation is an integral part of sexual health. It is essential to recognize that sexuality exists on a spectrum and that each individual's experience is unique. Some key points include:

- Sexual Orientation: This refers to the pattern of emotional, romantic, or sexual attraction one feels toward people of the same or different genders.
- Sexual Identity: This encompasses how individuals perceive and express their sexuality, which can be influenced by cultural, social, and personal factors.
- Acceptance and Understanding: Acknowledging and respecting diverse sexual identities fosters healthier relationships and societal harmony.

## **Cultural Perspectives on Sex**

Cultural norms and values significantly influence perceptions of sexuality. Various cultures have different beliefs about sex, which can impact behavior and attitudes.

### **1. Historical Context**

Throughout history, societal attitudes toward sex have evolved. Some historical perspectives include:

- Ancient Civilizations: In many ancient cultures, sex was celebrated as a natural and sacred act. For example, the Greeks and Romans had a more open approach to sexuality.
- Religious Influences: In contrast, many religious traditions have imposed restrictions on sexual behavior, often viewing it through a lens of morality.
- Modern Views: With the advent of the sexual revolution in the 20th century, attitudes toward sex became more liberal, emphasizing personal freedom and sexual expression.

### **2. Contemporary Cultural Influences**

In today's world, cultural influences continue to shape sexual behavior and attitudes:

- Media Representation: The portrayal of sex in media can impact societal norms and personal expectations, often creating unrealistic standards.
- Sex Education: Comprehensive sex education is crucial for fostering understanding and healthy attitudes toward sex. It emphasizes consent, respect, and safe practices.
- Social Movements: Movements advocating for sexual rights and equality have brought attention to issues such as consent, sexual orientation, and gender identity, fostering a more inclusive understanding of sexuality.

## Healthy Sexual Practices

Embracing sex as nature intended involves recognizing the importance of healthy sexual practices. These practices promote well-being, safety, and mutual respect among partners.

### 1. Consent and Communication

Consent is the cornerstone of any sexual encounter. It is essential to ensure that all parties are willing participants. Key practices include:

- Clear Communication: Discussing desires, boundaries, and preferences openly can lead to more fulfilling experiences.
- Continuous Consent: Consent should be ongoing, meaning that all parties can withdraw consent at any time.

### 2. Safe Sex Practices

Engaging in safe sex practices is vital for sexual health. These practices help prevent sexually transmitted infections (STIs) and unintended pregnancies:

- Contraception: Utilizing various forms of contraception can help individuals plan their families and protect against STIs.
- Regular Testing: Regular STI screenings are essential for sexually active individuals to maintain their health and the health of their partners.

## Conclusion

Sex as nature intended is a multifaceted concept that encompasses biological, psychological, emotional, and cultural dimensions. By understanding these elements, individuals can foster healthier relationships and embrace their sexuality in a way that aligns with their values and desires. Emphasizing consent, communication, and safe practices can lead to more fulfilling and meaningful sexual experiences, celebrating sex as a natural and beautiful aspect of human life. Ultimately, embracing our sexuality with understanding, respect, and openness allows us to connect with ourselves and others in profound and enriching ways.

# Frequently Asked Questions

## **What does 'sex as nature intended it' mean?**

It refers to engaging in sexual activities that align with biological and evolutionary purposes, typically focused on reproduction, intimacy, and natural instincts.

## **How does 'sex as nature intended it' differ from modern sexual practices?**

Modern sexual practices often include recreational sex, various sexual orientations, and practices that focus on pleasure rather than reproduction, which can contrast with the biological basis of sex.

## **Are there specific benefits to practicing sex as nature intended it?**

Benefits include a stronger emotional bond between partners, potential for reproduction, and a return to a more instinctual and primal form of intimacy.

## **What role does consent play in the concept of sex as nature intended it?**

Consent is crucial in any sexual relationship, even when discussing natural instincts, as it ensures that both partners are willing participants and respects individual autonomy.

## **Can sex as nature intended it be experienced in same-sex relationships?**

Yes, the concept can apply to same-sex relationships as well, focusing on the emotional and physical connection, intimacy, and shared experiences, even if reproduction isn't the goal.

## **Is there a historical perspective on sex as nature intended it?**

Historically, many cultures viewed sex primarily as a means of reproduction and bonding, with societal norms shaping practices and beliefs around sexual behavior.

## **How do cultural attitudes influence perceptions of sex as nature intended it?**

Cultural attitudes can either align with or diverge from natural instincts, often dictating what is considered acceptable or taboo in sexual behavior and relationships.

## **What scientific studies support the idea of sex as**

## **nature intended it?**

Studies in evolutionary biology and anthropology often explore mating behaviors, reproductive strategies, and the biological imperatives that drive sexual behavior in humans and other species.

## **How does technology impact our understanding of sex as nature intended it?**

Technology has transformed sexual experiences through online dating, sexual health apps, and virtual interactions, which can shift focus away from traditional notions of intimacy and reproduction.

## **Can practicing sex as nature intended it lead to healthier relationships?**

For some, focusing on emotional connection and natural intimacy can lead to healthier, more fulfilling relationships, emphasizing trust and mutual understanding.

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