

need help understanding

Posted by tryinghard123 - 16 Oct 2016 13:07

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so bh since joining this site a few weeks ago I've only mzl once and i feel great after a great yom kippur i feel like i can really do this of course with the help and support of some of the members here. my question is how does marital relations play into this whole thing like as far as the 90 days thing goes the whole dopamine science thing. wouldn't marital relations affect this? and also i read an article in the tips section about the benefits of sperm retention so same question wouldn't those benefits be affected by marital relations? am i supposed to limit sex to get those benefits?

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