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# How long should we kiss for it to be "healthy"?

July 10, 2024

A kiss, although perceived mainly as an expression of affection, also has many health benefits. It is not only relaxing, but can also prevent heart disease, among other things. "Any form of closeness with another person is beneficial for us. A kiss and intimate closeness, including intercourse, play a special role here," comments cardiologist Dr. Adam Janas for the portal "Twoje Zdrowie".

We are social beings, and our entire lives are based on building relationships with other people, which is one of the basic needs of each of us. Relationships with other people are fundamental not only for our well-being, but also for our health.

## 5 Reasons Why You Should Kiss

- 1. Stress Reduction:** Kissing helps lower levels of cortisol, the stress hormone, and increases the production of oxytocin, a hormone associated with social relationships and feelings of trust.
- 2. Boosting your immune system:** When you kiss, bacteria is exchanged, which can stimulate your immune system to produce antibodies.
- 3. Improves oral health:** The increased saliva production during kissing helps remove bacteria from your teeth and gums, which may help reduce the risk of tooth decay and gum disease.
- 4. Better heart health:** Kissing can help lower blood pressure and improve circulation, which is good for your heart health.

5. **Burn Calories:** Although it is not a significant amount, kissing can help burn calories. An intense kiss can burn 2 to 6 calories per minute.



*SEX HAS MANY POSITIVE EFFECTS – REGULAR SEXUAL ACTIVITY REDUCES THE RISK OF HEART DISEASE. BY STIMULATING THE SECRETION OF ENDORPHINS AND OXYTOCIN, IT SIGNIFICANTLY REDUCES STRESS AND EFFECTIVELY RELAXES US. SEX IMPROVES THE QUALITY OF SLEEP, WHICH IS CRUCIAL FOR OUR WELL-BEING, AND IT ALSO STRENGTHENS THE IMMUNE SYSTEM BY INCREASING THE NUMBER OF ANTIBODIES, WHICH HELPS FIGHT INFECTIONS. IT BUILDS AND STRENGTHENS BONDS, WHICH TRANSLATES INTO BETTER RELATIONSHIPS AND A SENSE OF HAPPINESS.*

*Dr. habil. n. med. Adam Janas, cardiologist at American Heart of Poland*

## How long should a kiss last?

There is no clear answer to this question, as the health benefits come mostly from the kissing itself, not the length of time. However, research suggests that even short kisses have a positive impact on our health.

In a 2013 report on filematology, or the science of kissing, **Prof. Joseph S. Alpert**, medical director of cardiac rehabilitation at the [University of Arizona College of Medicine in Tucson](#), writes that a simple kiss can burn 2 to 3 calories per minute, while passionate kissing can burn 5 to 26 calories per minute.

In turn, scientists from the University of Oxford in their research project involving almost a thousand people aged 18-63 proved that kissing, first of all, helps to create a bond between partners, and the frequency with which people kiss affects the level of satisfaction with the relationship.

Source: [TWOJE ZDROWIE](#)

Original Source: [USA Today | July 6, 2021](#)

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