

Review of: "Eroticism as a hormetic stimulus in health and ageing"

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The review: "Eroticism as a hormetic stimulus in health and ageing" gives an insight of the role of sexuality and/ or eroticism as a hermetic stimulus in process of ageing.

Not enough sexuality is not beneficial; too much sexuality can be damaging. The author described this phenomenon as "U" shaped. Can you set the limits between too much and enough and/ or too little and enough? How to determine the limits? What is the effect on aging: immediate or prolonged; intense or mild? How is it measured? Using a drug it is possible to quantify the effect. How to measure the effect of sexuality on aging? Can you describe the role of environment on sexuality and aging?

It would be interesting to compare different hermetic stimuli, such as exercise or nutrients, to sex mimetic. What would have more potent or safe effect on ageing and under what circumstances?