# Article information:

Восстановление после секса — SportWiki энциклопедия  
<http://sportwiki.to/%D0%92%D0%BE%D1%81%D1%81%D1%82%D0%B0%D0%BD%D0%BE%D0%B2%D0%BB%D0%B5%D0%BD%D0%B8%D0%B5_%D0%BF%D0%BE%D1%81%D0%BB%D0%B5_%D1%81%D0%B5%D0%BA%D1%81%D0%B0>

# Article summary:

1. Recovery after sex is important for athletes as it affects their performance.

2. Loss of protein and energy during intercourse can be replenished through proper nutrition.

3. Pharmacology can also be used to enhance recovery after sex.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Recovery after sex" on SportWiki encyclopedia provides information on the physical effects of sexual activity and ways to recover from it. However, the article has several potential biases and lacks evidence for some of its claims.

One-sided reporting is evident in the section on "Sex, testosterone, and prolactin." The article suggests that sexual activity can decrease testosterone levels and increase prolactin levels, which can negatively impact athletic performance. However, there is no mention of studies that contradict this claim or provide a more nuanced understanding of the relationship between sex hormones and exercise.

The section on "Loss of protein and energy during intercourse" makes unsupported claims about the amount of energy expended during sexual activity. The article states that "a man loses up to 200 calories during sex," but there is no evidence to support this claim. Additionally, the article does not consider factors such as age, weight, and intensity of sexual activity that could affect energy expenditure.

The section on "Athlete Performance" suggests that abstaining from sex before competition can improve athletic performance. While this may be true for some athletes, there is no evidence to suggest that abstinence is necessary or beneficial for all athletes. Furthermore, the article does not explore potential negative effects of abstinence on mental health or relationships.

The section on "Post workout sex" implies that sexual activity can aid in recovery after exercise by increasing blood flow and reducing muscle soreness. While these benefits may be possible, there is little scientific evidence to support them. The article also does not consider potential risks associated with engaging in sexual activity immediately after intense exercise.

The section on "Sports nutrition to enhance potency and libido" promotes specific supplements without providing sufficient evidence for their effectiveness or safety. This promotional content could potentially mislead readers into purchasing products without fully understanding their risks or benefits.

Overall, while the article provides some useful information on recovering from sexual activity as an athlete, it is important to approach the claims made with caution and seek out additional sources of information. The article's potential biases and lack of evidence for some claims highlight the need for more comprehensive and balanced reporting on this topic.

# Topics for further research:

* Relationship between sex hormones and exercise
* Energy expenditure during sexual activity
* Effects of abstinence on mental health and relationships
* Risks of engaging in sexual activity after intense exercise
* Scientific evidence for benefits of post-workout sex
* Safety and effectiveness of supplements for enhancing potency and libido

# Report location:

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