**Swiss Navy Shares 5 Ways Autumn Improves Your Love Life**

**Press Release**

POMPANO BEACH, Florida – September 22, 2021—September 22nd is the first day of fall. Astronomically speaking, the September equinox is the autumnal, or fall, equinox marking the end of summer and the beginning of fall.

This time of year brings shorter days, lower temperatures, and, interestingly, improvements to love lives.

“We’re always looking for ways to improve our products,” said Briana Watkins, Vice President of Sales and Marketing for M.D. Science Lab. “And keeping an eye on research, even studies that monitor bodily reactions to the seasons, is just one way our Swiss Navy product development team can continue to create products that people need.”

Most people are familiar with ‘Spring Flings’ and may feel like that season is the most romantic. But plenty of research has found that autumn may be the most frisky and fertile.

“Our research discovered so many ways autumn affects a person’s intimacy,” said Dr. Sunny Rodgers, M.D. Science Lab’s Intimate Health Advisor. “We thought it would be fun to share five ways that may interest people.”

5 Ways Autumn Improves Love Lives:

1. Libidos are more active than any other time of the year. [Studies](https://pubmed.ncbi.nlm.nih.gov/12843149/) show our levels of testosterone are higher in the autumn months.
2. Relationships become emotionally warmer. Researchers [found](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2737341/) sharing a warm drink during chilly autumn can help make us feel more physically connected.
3. More singles [become](https://www.facebook.com/notes/10158927976413415/) engaged or start a new relationship in the fall season.
4. [Research](https://www.researchgate.net/publication/23239785_Men%27s_Attraction_to_Women%27s_Bodies_Changes_Seasonally) has found male attraction to female bodies changes seasonally, with men feeling women appear more attractive in autumn.
5. Fall makes men more fertile. Just like the abundant harvests of the season, sperm concentration is at its [highest](https://link.springer.com/chapter/10.1007/978-1-4684-5913-5_8) in late autumn.

Swiss Navy encourages everyone to enjoy the upcoming fall season and to keep a lookout for new products currently in development.

**About M.D. Science Lab**

Since 1998, M.D. Science Lab has continually created award-winning products dedicated to helping consumers live healthier lives. With a focus on intimate wellness and nutritional good health, M.D. Science Lab continues to create products at the forefront of the wellness market that are offered worldwide. For more information, please contact Briana@Swissnavy.com or visit www.swissnavy.com.