

## *Clean Hands Are Sexy*

Picture yourself with the most physically gorgeous person that your mind can conceive. Get a picture of the proportioned feminine curves, or the ideally muscled masculine frame. Look at the way your vision of perfection walks, sits, breathes. See the candlelight reflected in the deep pools of their eyes. Visualize the hair, the lips, the neck . . . all intensely stimulating.

Now picture that person in a neck-snapping, phlegm-flying sneeze. Picture their puffy eyes and encrusted, runny nose. Picture that person vomiting, and not just a little, but their entire candlelit dinner. Get a sense of the acrid flatulence, and the rotting-raccoon-in-the-attic smell that lingers long after one of their frequent (and LOUD) trips to the bathroom. Pause a moment and soak all that in. Still stimulated?

Our image of the physically perfect human, regardless of what they actually look like, is always an image of a person of health. In all societies and in all cultures, healthy people are more attractive than sneezing, vomiting people. It's worth a lot to avoid the cold and flu bugs, and there is one simple habit that can tip the balance between healthy and unhealthy. Hand washing!!

“O come on!! That's too easy, too commonplace, too pedestrian. There must be more to it than that.”

Nope. Just 10 – 15 seconds of hand washing at key intervals during the day will do more to keep us healthy, and looking hot than anything else. If no water and soap are nearby we can carry one of those inexpensive bottles of alcohol hand sanitizer to do the same job. Really, that's all it takes.

People with clean hands are simply healthier and more desirable. Absolutely without a doubt, clean hands are sexy.