

13 December 2006

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[Sweaty Sex Works Wonders for Cameron Diaz](#)

The actress talks about the best method to relieve stress

Feelin' stressed out? Just follow Cameron Diaz's tips in a recent interview with the 'Sydney Morning Herald' and you have the solution for a carefree life. Plus, you'll have a lot of fun while getting rid of all that accumulated stress and tiredness. Cameron Diaz, although very outspoken in what respects her private life, gave a very candid interview to the already mentioned newspaper and revealed that her method of fighting the stress that her career implies consists of having sweaty sex, every day of the week if it's possible. 'Sex is the most amazing stress reliever. I actually think it's the best thing for everything! I think it should be 100 per cent part of everyone's life on a day-to-day basis. We'd all be a lot happier', the actress said during the promotion campaign of her latest movie, 'The Holiday'. Diaz is known for her passion for sports, especially for surfing, but the interview shows us that there's something else that she loves just as much: getting physical. 'I love being physical, I love to get my heart-rate up and I love sweating. Sex is undoubtedly the best way to do that!', Cameron said in what is probably the most open speech she ever gave. Although she is not at all an adept of having an 'open' relationship and is very strict as to her boyfriend's (Justin Timberlake) female friends, Cameron is not too shy when it comes to talking about her onscreen and on the set relationship with Jude Law, whose girlfriend she plays in 'The Holiday'. 'Jude was wonderful, funny, charming, did I say funny? He was so open and grounded, a really nice person. All the girls on the set had a crush on him. He engages with everyone, no matter who they are or what their job is. There were a lot of man crushes as well. All the guys were saying, "I never realized Jude was so nice and handsome"', Cameron said at the end of the interview. Well, I bet there are thousands of people out there who agree with her on that...