

# QuickieChick's Video Dating Tips: Seven Reasons to Kiss



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House shares seven reasons to kiss. It's time to get busy!

## Dating Advice from E!'s *Famously Single* Laurel House on Kissing

Did you know that kissing helps to fight those pesky springtime allergies that so many of us face? If you kiss for at least 30 minutes, it helps to slow histamine production, which means you won't be sneezing and dealing with a runny

nose. Kissing not only makes you healthier and happier, but it also makes your relationship healthier and happier.

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