

Love Potion #9-Oxytocin

Do you want to know a secret about experiencing deeper intimate physical and emotional relationships? There is a hormone called oxytocin, which is also known as the “love hormone”, “cuddling hormone,” or “bonding hormone”. Produced by the pituitary gland, oxytocin stimulates our desire for sex and bonding. Oxytocin is released through touch, warmth, and affectionate connection. Classic examples of connections that release oxytocin are breastfeeding and orgasms, both of which can generate a blissful, otherworldly sense of contentment. Studies have shown that oxytocin is released during hugging and pleasant physical touch, and plays a part in the human sexual response cycle.

The Big “O”

So what is the effect of oxytocin on sexual desire and orgasm? Oxytocin is released when we are first aroused sexually. Oxytocin levels rise and then peak during orgasm. Then, the oxytocin breaks down very rapidly in the body after orgasm, which is why the “after sex glow” and the good feelings dissipate rather quickly, especially during casual sex encounters. We may experience a strong desire for sex with someone with no strings attached, but it often precipitates an even stronger desire to go home or roll over and snore. When there is a deep intimate connection, oxytocin is produced in greater abundance, which might explain why love is really a powerful aphrodisiac. Recent studies have concluded that there is a direct relationship between the levels of oxytocin in a woman’s body and her ability to experience orgasms. An overload of oxytocin leads to multiple and full body orgasms.

Touch is one of the key ways to producing more oxytocin in the body. When paired with estrogen, oxytocin can sexually arouse both men and women. In women, the breast area is particularly sensitive to touch and releases a lot of oxytocin, which is also the same hormone that creates the strong bond between mother and baby. According to Dr. Ray Sahelian, best-selling author of many books on natural health, oxytocin levels have been shown to rise during massage. Women need more oxytocin than men if they are to experience full body orgasms, and thus require more touch, more intimacy, more love.

Bonding

In addition to oxytocin’s powerful effects on the body, it strongly affects our mind and behavior. It is a nature’s antidepressant and anti-anxiety hormone. It creates feelings of calm and a sense of connection, so it actually shapes how we view the world. The whole universe looks like a better place when we feel tranquil and loving. Oxytocin also reduces cravings, which make it the key to healing addictions of all kinds. When scientists administered oxytocin to rodents who were addicted to cocaine, morphine, or heroin, the rodents showed fewer symptoms of withdrawal.

Autism is a disease characterized by difficulties in communicating effectively with other people and developing social relationships (i.e. avoid eye-to-eye contact, focus on less relevant areas of the face and avoid meaningful social contact). Scientists have shown that increasing the level of oxytocin significantly improved the abilities of autistic patients to interact with other individuals. Oxytocin allowed the autistic patients to adjust to their social context by identifying the differing behaviors displayed by those around them and then act accordingly, demonstrating more trust in the most socially cooperative individuals. Oxytocin also reduced their fear of others and promoted closer social relations. In other words, oxytocin increased the level of trust and/or emotional contact.

Other studies have shown that oxytocin:

- Reduces cravings for sweets
- Has a calming effect
- Increases sexual receptivity and counteracts impotence
- Counteracts the effects of cortisol, the stress hormone
- Helps heal old relationship wounds on an emotional level

In summary, Oxytocin plays a big role in making a connection in all our relationships. It strengthens marriages, promotes enduring friendships and even engenders trust among strangers. Oxytocin is also the main driver of our hormonal system and aids in decreasing corticosterone (cortisol) and other stress hormones, which help lower blood pressure.

The best way to elevate oxytocin levels is to coax our pituitary gland to release it via modified behavior patterns: hugs, kisses caresses, touching, eye contact while communicating, laughing...and low doses of homeopathic oxytocin. The homeopathic version is not only safe and free of side effects; it will supply microscopic amounts, just as a healthy pituitary gland does.

Some companies advocate a nasal route and some oral. Nasal administration has some problems such as: microscopic congestion, inflammation, sinus condition, swelling, allergies etc. These all could interfere with the all-important efficacy of oxytocin. Since oxytocin (oral supplement) is destroyed in the digestive system, it needs to be taken sublingually to bypass the acidity of the stomach.

When taken sublingually as a homeopathic spray, oxytocin travels into our body, bypasses the digestive route, and enters the nervous system, producing all of the positive things (i.e. homeostasis or body balancing). **Dreamous Corporation** has researched oxytocin for many years and finds this the foremost method for taking oxytocin.

Dr. Howard Peiper, has written several best selling books on nutrition and natural health, including "The Secrets to Staying Young", "Natural Solutions for Sexual Enhancement" and "The A.D.D. and A.D.H.D. Diet". His website is: www.walkthetalkproductions.com

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