

# Oxytocin



For about 100 years, the hormone oxytocin (Greek "rapid delivery") has been known, but even still, several new amazing events involving oxytocin are being explored and mapped. The hormone has received many identities such as the love hormone, the binding hormone, the happiness hormone, the security hormone, etc. And clearly there is a lot in our bodies that is affected by our oxytocin levels, such as our joy, smile, feeling of happiness, positivity, empathy, generosity, learning memory, sleep, digestion, nutrient uptake, lowered blood pressure, raised immune system, boldness, curiosity, love, etc.

And luckily, we can influence the amount of oxytocin in our bodies and replenish through massage (5-10 min massage increases oxytocin level in the body with 20%), hugs, animals, nature, good socializing (family, friends, etc.), care (both of getting and giving), warmth (bath, shower, sauna, sun, food and drink), love – inner closeness (= with an open heart 🥰) enhances the effects of external closeness!

Short-term oxytocin effects that are occasionally triggered accustom the brain to transition to more lasting replenishment effects 😊

In the ice age and the Stone Age, humans had to hunt nuts and roots, among other things, for survival. Today we need to satisfy ourselves with oxytocins in order to counteract stress and instead prevent good health, happiness and pleasure. So good luck with your oxytocin hunt!

Source: Kerstin Uvnäs Moberg, *Närhetens hormon – oxytocinets roll i relationer* and *Lugn och beröring – oxytocinets läkande verkan i kroppen*.



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