

Oxytocin and Addiction

An entrancing moment with her, ephemeral in real time, took on the qualities of eternity, and in such a moment all awareness of how my mind had been altered was lost; I was overwhelmed. — SLAA Basic Text, Page 16

The research on oxytocin is very new at this time. We know that it is a chain of just nine amino acids long, but it has big effects. It speeds child delivery and results in milk production in mothers. It is hypothesized that increased oxytocin may create the state we associate with being loved, sexually stimulated, and socially bonded, while **decreased oxytocin appears to lower our desire to socially interact or be emotionally expressive.**

There is even the possibility that oxytocin works outside the brain, speeding wound healing and reducing inflammation. During my withdrawal experience I was shocked to find myself shaking and crying, my grief overwhelming, my anxiety spiked and my body hurt.

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Today, I will seek healthy ways to find balance through exercise and fellowship.

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Everyday Oxytocin

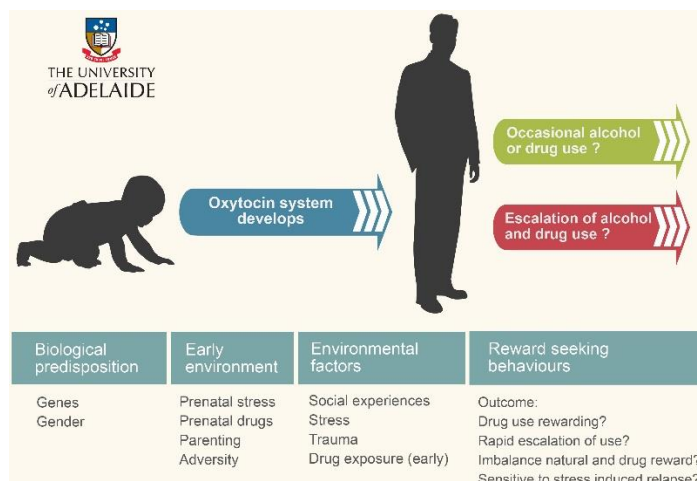
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Oxytocin drives the anti-stress response, which lowers your risk for disease. Oxytocin also helps us connect with others. Social connection lowers inflammation. Since inflammation underlies most diseases, this finding is quite significant.

Oxytocin is not just the hormone associated with childbirth, breastfeeding, and sex. There are things you can do to increase oxytocin levels in your daily life.



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