

For Men Only

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***Professor R. H. Brian Costello
PhD FCP (Lond) Dip FAB Med Psych FAAIM FACFE MACE***

***“Man has two heads but not enough blood
for both of them at the same time”. Brian Costello***

***The Chemistry of Love
A Behavioral Vocabulary – Author unknown***

Introduction:

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When in love or you and on a drive for physical relationship, the body responds by releasing a string of chemicals and hormones. Without these, sex would be almost impossible. So, what are these specialized agents of love? The all have very unromantic names, but here they are:

Dopamine - This is the important neurotransmitter involved in desire. Normal producing neurons in the central part of the brain influences one's perception of the outside world. Dopamine levels are highly correlated with a desire.

Serotonin - This neurotransmitter is produced in the mid brain and brain stem. This helps one experience deep satisfaction, including the kind people feel after an orgasm. Serotonin can increase desire and researchers feel that it works in close tandem with dopamine.

Alpha Melanocyte polypeptide - This is a hormone produced in the pituitary gland. It also acts as a neuro transmitter. This is responsible for erections.

Oxytocin - This is also a hormone produced by pituitary gland, ovaries and testes. It helps activates milk production, uterine contraction during child birth and pelvic shudders during orgasm. It also contributes to the feelings that bound parents to their children.

Testosterone - While small quantities of this hormone are produced

in the brain, most of it is produced in testes and ovaries. In the case of women, this hormone gets quickly converted into estrogen. In men this hormone is responsible for desire, creating feelings of positive energy and well being.

When there is a dip in this hormone, men and women will lose their urge for sex. This is why women who undergo hysterectomy (removal of uterus because of fibroid, tumors, or an ovarian cyst) find a dip in sexual urge.

Estrogen - This is a hormone produced in the ovaries and the brain. This is primary responsible for regulating ovulation. It is also involved with making women and may be even men, feel desire. This may be due to the stimulation resulting in the release of dopamine.

Nitric oxide - When you get the sexual urge cells in the genital area releases this chemical. This results in a chain reaction leading to a dilation in blood vessels and increases flow of blood.

Vasoactive Intestinal Polypeptide - This is a protein found in man's intestine and brain. This works very similar to nitric oxide - opens blood vessels, enhances blood flow and causes erection.

Pheromones - Not everything is known about these groups of chemicals produced in glands in the armpits. Researchers believe that these chemicals carry sexually stimulating signals that can be picked up by others. But all this happens unconsciously. Pheromones has been found in animals but not yet isolated in humans.

Epinephrine/ Norepinephrine - Again these are neurotransmitters and play a vital role in arousal. They exit the body by giving it a booster dose of natural adrenaline. This causes the heart to beat faster and blood pressure to rise. These neurotransmitters are found in the adrenal glands above the kidneys, in the nerves of the spinal cord and in the brain.