

ANTECEDENTS

mama flushes baby's body with oxytocin through birth process - oxytocin sets the baby's gut for protection through lif

SNPs can impact oxytocin production (unknown which)

damaged receptors can lead to behavioral issues, impulse control, Autism, sleep apnea in children

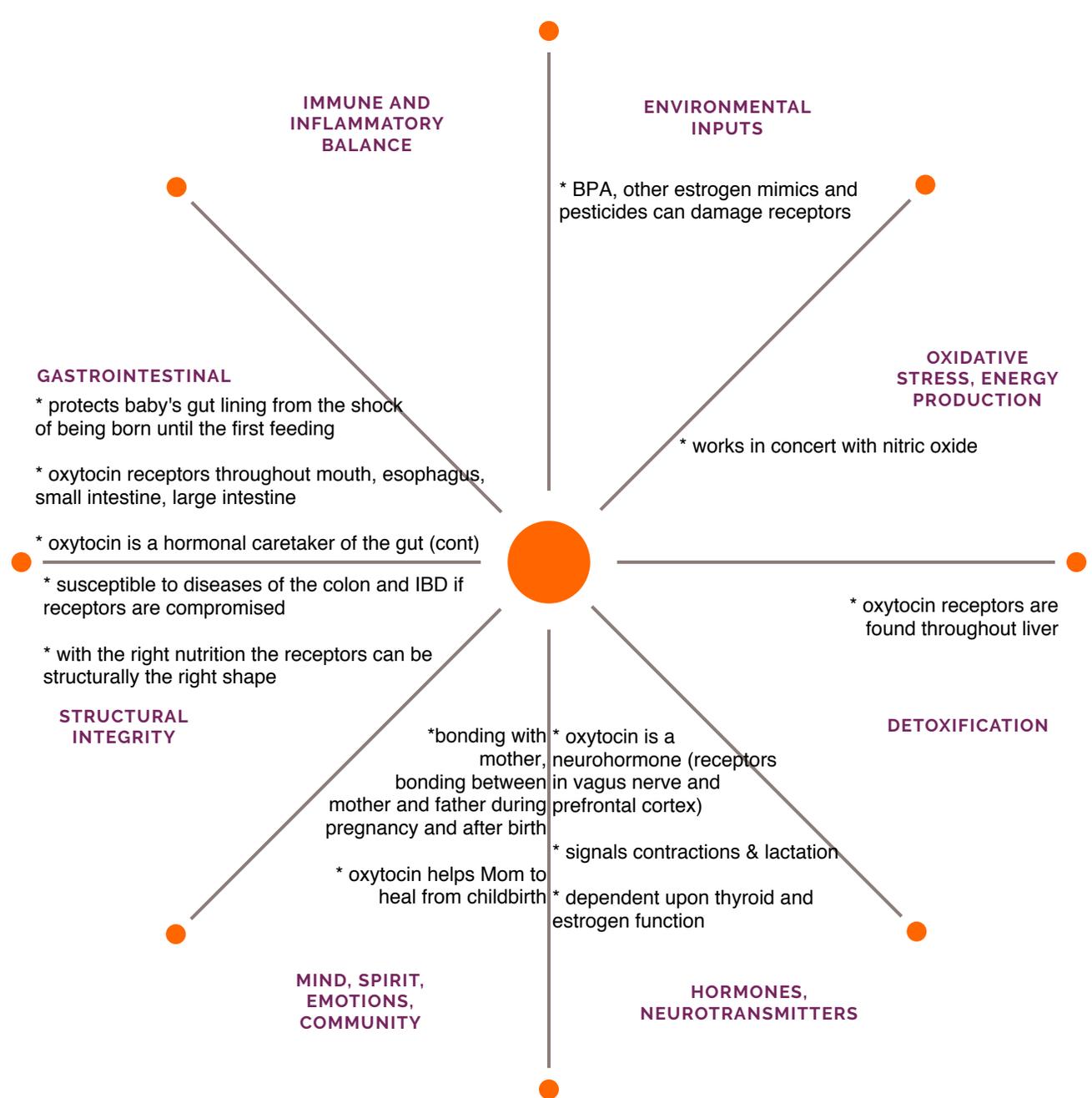
TRIGGERING EVENTS

* mice studies show that if they cannot accept oxytocin signal from their mother, they are more susceptible to intestinal diseases and IBD
 * healthy adults make oxytocin & secrete every 2-3 min
 * limited production w/low estrogen or too much estrogen OR testosterone (downregulated with more T)
 * receptors can be damaged with hormone disrupting chemicals

MEDIATORS

+ pregnancy hormone - signals contractions
 + birth - signals lactation
 + bonding
 + hugging
 + cold shower/water on face
 + meditation
 + orgasm (particularly women)
 + key nutrients (see Skills)

- nutrient deficiencies
 - hormonal deficiencies
 - Viagra



SLEEP/RELAXATION

oxytocin is a "feel good" relaxation hormone, can help promote sleep

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

+ Vitamin C dependent--you need a few thousand mg produced exogenously,
 + Zn, Mg, Vitamin A
 + nutrients from food reside in the receptor in order for the hormone to deliver its signal

STRESS/RESILIENCE

oxytocin can be used to treat physical and emotional pain
 less hemorrhage for mama after birth with more parent hugging

RELATIONSHIPS/NETWORKS

bonding hormone (see Mediators)