

BEFORE YOU NETFLIX & CHILL, READ THIS.

OXYTOCIN: THE BONDING HORMONE OF



MOTHER AND CHILD

Oxytocin is a natural bonding hormone released in a woman's brain when she gives birth and breastfeeds her child. It's also released in men and women (primarily) when they make love, which bonds them to their mates, lovers or significant others.



IN LOVE?

When this bonding happens, it's not unusual for women (primarily) or men to be fooled into believing that they're in love with the person they've had sex with.

WHAT'S REALLY HAPPENING

Once oxytocin is released, this triggers the release of other natural "feel good" hormones, dopamine and serotonin, in your brain. You become relaxed and feel safe and happy, which feels a lot like being in love.



BE CAREFUL

The purpose of oxytocin is to bond you with your mate, BUT if you continue to have casual sex without a commitment, you could become addicted to this natural "feel good" drug and find yourself in a situation.

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