LIFE HACKS

6 Effective & Natural Methods to Elevate the Oxytocin in Your Body

By bestfolkmedicine · 09/07/2022 · 3 min read



Oxytocin, also known as the love or cuddle hormone, plays a pivotal role in human bonding. It's naturally released during breastfeeding and childbirth and it's essential for the bond between a baby and their parent.

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Kissing, cuddling, hugging, and sexual intimacy trigger the production of this hormone and help strengthen the relationship between adults.

Considering its effects, oxytocin is grouped with the other hormones of happiness or ones that influence our mood and feelings positively.

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But, oxytocin can't magically change our attitude. It can't make us love someone or trust them. However, it has the ability to increase the love, security, and trust towards people we care about.

Our body produces it naturally; however, if you're eager to feel love, there are effective natural methods to elevate its levels.

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6 Effective, All-Natural Ways to Boost Your Oxytocin Levels

1. **Yoga**

Yoga is a great way to reduce anxiety, alleviate depression, improve your sleep and mood, and enjoy a better overall quality of life.

Moreover, according to 2013 research, it may also elevate oxytocin production. The 15 participants in the study did yoga for a month and experienced a better ability to recognize feelings and also had better social functioning.

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Their oxytocin levels were also elevated.

2. **Give or get a massage**

According to a study from 2012, 15-minute massages didn't just relax the participants but also increased their oxytocin levels.

Moreover, a study from 2015 found that oxytocin levels also elevated in the person giving the massage.

To benefit from massages, you needn’t get a professional massage, but get/give one from/to your partner or family member.

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3. **Listen actively**

Being an active and empathic listener is a principle of strong relationships and interactions.

When you bond by a simple act of genuine listening, the feelings of trust, connection, and empathy elevate.

When talking with someone, put away any distractions and make eye contact with them. Dedicate to them entirely.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });
This close interaction triggers a release of oxytocin and strengthens your connection.

4. **Make food with someone you care about**

Food sharing, according to chimpanzee research is able to elevate oxytocin production. This also makes sense for humans because bonding over food is awesome.

Prepare a meal with your family and friends and enjoy it together.

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Spending time with people you like and with food around has its special charm and helps increase the oxytocin levels.

5. **Make love**

Being sexually intimate with your partner increases oxytocin. Intercourse also makes you feel closer and connected to that someone, but no-strings-attached sex may also elevate the mood and make you feel awesome.

6. **Pet a dog**

Dog lovers will love to hear this!

Petting your dog helps you and your dog feel better.

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Namely, research indicates that both dogs and humans experience a rise in oxytocin from physical touch.

This is maybe why it feels so good to cuddle with your pet when you're not feeling the best because your oxytocin levels will rise.

Sources:

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THE MIND'S JOURNAL

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