

Love and the Body

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Love and the Body

**Radically new blend of
Eastern tradition and Western science**

**Hormonal Changes during Lovemaking
and How to Manage Them for
Harmony, Health, and Success**

A Practical Guide



OSTVARENJE

Accurately Thee Realize (Accomplish)

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Introduction

The central idea of this book is that growth is the purpose of being together and that love enables the most positive exchange of energy.

On the basis of my own experience, the experiences of my clients, and the growing corpus of scientific data, I wish to help couples create a quality love relationship and, in so doing, to improve all other aspects of their own lives and the well-being of society. Research has demonstrated that quality sex is more important for basic happiness than the amount of money a person possesses, that the happiest people are those who have sex most often, and that married people report having 30 percent more sexual activity than singles.¹

Although many scientific studies suggest a quality love relationship has numerous benefits,, it seems that only a fraction of the population really enjoy that experience.

Studies in the field of sexology show that quality lovemaking has a positive influence on the physical and psychological health of individuals and on social relationships. These positive influences, in turn, benefit the life of the entire community. However, sociological studies demonstrate that a great number of people feel that alcohol, drugs, or shopping gives them more satisfaction than lovemaking. I consider this to be extremely alarming: it is a huge loss both for those individuals and for all of humanity. Our sexuality has enormous potential which can

be released through the proper approach and through which all aspects of our life may be enhanced and enriched.

Today, we know that the feelings of being in love and loving each have a physiological basis.² The approach to lovemaking that I expound here builds up and cherishes that physiology of love.

Love has always been valued and glorified, and most people consider it to be something desirable. And whereas there are situations in life that spontaneously develop that emotion of love, there is no recipe for the voluntary creation of that emotion. Love that arises under specific circumstances often fades in time. Although a great number of relationships and marriages start out of love, statistics show that in 80 percent of marriages those initial feelings of love are no longer present after only a few years.

To consciously cherish the feeling of love can be quite difficult, but choosing a way of behaving that strengthens its physiological basis is both possible and easy.

Love expresses itself in a variety of forms that at the physiological level have one thing in common – the presence of the hormone oxytocin.³

In this handbook I explain simple procedures that will enable couples to enhance and improve their love relationship and directly nourish and boost their physiology of love.

To those who are not in a committed relationship, these procedures will enable them to have a more complete experience with their current partner. To those who have no partner at the moment, the procedures for individual practice will serve as excellent preparation for a future promising encounter.

However, as much as we consider ourselves to be educated, cultured, and reasonable, the fact is that our thinking, judgments, and interpretations of external events are greatly influenced by our moods, and our moods are mostly governed by what is happening within our bodies, including hormonal changes. In this book, I will teach you how to manipulate your hormonal changes through appropriate behavior in lovemaking, so that you may retain the physiology and attitudes of being in love most of the time!

Now, what is revolutionary in this approach? Although many highly renowned and learned authors have tackled the problems that appear within context of sexuality and love, I wonder why none of them have seen what I consider to be an obvious solution. We know that deep emotions of love most often fade with time in an established relationship. We also know about the hormonal changes that form the basis of sexual behavior and love-making. Why has no one until now put two and two together? Scientific research has revealed that, biologically, we are not made to be permanently in love with the same person. On the other hand, eternal love with same person is the ideal of human culture. Is it possible to solve this riddle? I believe it is!

My ability to see the solution of the problem comes from my personal experimentation and experience with sexual traditions that advocate the prolongation of coitus and non-ejaculatory orgasm. The experiences that my partners and I had through this approach were radically different from those that we had through ordinary sex. Those differences were obvious on the levels of immediate mutual satisfaction, overall energy and zeal, and emotional connectedness during and after love-making. I have

concluded that such differences must be due to a difference in physiology during those various styles of love-making. As the body of scientific research on physiology during love-making has grown sufficiently, I have found that the experiences I have had with my partners could be explained in light of revealed hormonal changes. So here, I have added two and two together and discovered how to have an enrapturing sex life that will at the same time uphold a deep and lasting emotional relationship.

It seems that the combination of low oxytocin levels with high prolactin and testosterone levels that follows ejaculatory sex makes us prone to negligence and inconsiderate – that is, insensitive to the needs of others. If we analyze the sources of human problems, in the majority of cases we can track it to insensitivity towards other people's needs. On the grounds of my personal experience and those of my friends and clients of both genders, I know that with the approach to sex that is explained here, we can alter our physiology in such a way that our bodily functioning will maintain a feeling of love, tolerance, and acceptance in all areas of our thinking and behavior most of the time, and hopefully, this can become a considerably stable state. By now it should be obvious to most of us that love, tolerance, and acceptance are the only way for humanity to survive!

If high levels of oxytocin make us open hearted and high dosages of prolactin make us cold, then why don't we promote one and avoid the other at all costs? Here is how this can be done!

I have tried to be as simple as possible in the main body of the text, so that it would be accessible to a broad reading public. I would suggest that more demanding readers refer to the notes

at the end of each chapter. In order to gain a more complete understanding of the processes described in this book, those interested are also encouraged to read the scientific studies listed in the bibliography.

Enjoy your love life!

Notes

¹ Blachflower 2004

² Odent 2000, Fisher 2004

³ Uvnas Moberg 2003.

Chapter 1

The desirability of nurturing the physiology of love

Resolving sexual problems

The procedures explained in this book resolve a variety of sexual problems that can be encountered in the everyday sexual life of men and women.⁴

With these exercises, men can free themselves of premature ejaculation, impotence, and prostate gland conditions, while women can alleviate their menstrual and premenstrual troubles and learn to experience frequent whole body orgasms. By accepting these procedures, you can also put aside your worries about unwanted pregnancy.

One of the most common causes of dissatisfaction on both sides is premature or uncontrolled ejaculation. Ejaculation is regarded as premature if it occurs before the woman's orgasm or after less than five minutes of coitus. However, by following exercises a man can completely control the ejaculatory reflex and deliberately decide whether or not and when he will ejaculate. Ejaculation control is the basis of sexual culture. Without that skill, a man is not apt to be a real partner for any woman. If he masters that skill, he lasts in a woman's embrace and increases her chances of reaching higher and higher realms of ecstasy. We shall see that being able to last in mutual embrace is fundamental to cultivating one's love.

Another problem that manifests itself in men is impotency, in the form of either weak erections or a lack of desire. The exercises described here effectively resolve those phenomena.

There is a view that the problem of not experiencing orgasm in women eventually gets resolved spontaneously with age and more experience. However, on the following pages you will learn that, by yourself and in cooperation with your partner, there is a lot you can do to experience orgasms, to experience them more often, and to experience them more completely. Whole body orgasms represent another key factor in cultivating the physiology of love.

Although menstrual and premenstrual difficulties are usually not considered in the context of love, harmonizing these difficulties will help in developing the ability to love. Through the procedures presented on these pages, a woman can free herself from all the nuisances of menstrual and premenstrual symptoms.

Sex and the nervous system

The sex centers in our brain

Research suggests that there are four centers in our brain that participate in a sexual experience.⁵ One is responsible for providing extra blood flow towards our sex organs; the second, for the muscular contractions of the sexual organs that elicit ejaculation; the third, for the experience of orgasm; and the fourth, for coordinating the first three. The fact that there are four centers and not only one corresponds to observations that those sexual experiences can be separated. It is not obligatory that

those three experiences regularly appear one after another, nor that they all have to occur. It is possible for each of them occur separately or in combination with any other. For example, it is possible to have an erection and an orgasm without ejaculation, or only an orgasm without an erection or ejaculation.⁶ Although we usually associate and experience orgasm with sexual arousal, that extraordinary physiological and spiritual state can be experienced in other ways as well.⁷

The fact that we can separate different aspects of sexual experience opens up a wide range of possibilities. Maybe for you it sounds unfamiliar and surprising that not only women, but men may also experience multiple orgasms in the same intercourse if they bypass ejaculation in the process.⁸ You will learn more on that topic in the second chapter.

Nerves and complete orgasms

Studies suggest that we can experience orgasm elicited by sexual arousal by means of two different nerves.⁹ By stimulating and firing the pudendal nerve – which goes across the front of the abdomen and has short branches that stretch in men to the head of the penis, and in women to the clitoris – a man experiences contractions of the prostate gland and ejaculation, while a woman experiences local, clitoral orgasm. This kind of orgasm is most commonly followed by a feeling of emptiness, alienation, and in men, an intense feeling of exhaustion caused by a sharp increase in the level of the hormone prolactin, which, along with blocking further sexual desire, induces depression.¹⁰

Another possibility is that sexual arousal is transferred to the pelvic nerve, which has long extensions through the legs, buttocks and back and also has access to the G-spot¹¹ in the vagina and the prostate gland. With the firing of that nerve, one experiences orgasm throughout the whole body. This type of orgasm gives us a feeling of fulfillment, ecstasy, expanded consciousness, and greater closeness to our partner. This type of orgasm can be separated from ejaculation, and in such cases there is no feeling of exhaustion and alienation.

While whole body orgasms may be more familiar to women, very few men experience them spontaneously. According to my estimation, based on interviews with people who come in for consultation, only about 2 percent of males experience whole body orgasm. Most men simply experience sexual tension, arousal, involuntary spasms of the prostate gland, and ejaculation, which usually demarks the end of rapture and enjoyment.

By following the procedures that we expound in this book, men can learn how to transfer their sexual arousal to the pelvic nerve, bypass ejaculation, and have multiple whole body orgasms in the same intercourse. After such an intercourse one feels energetic, inspired, self assured and even closer to one's long-term partner. Women will find that the procedures explained in this book will help them to start experiencing orgasms, if they have not had them so far, and to prolong and spread their clitoral orgasms to multiple whole body orgasms and to experience lovemaking as the deepest spiritual ecstasy.

Conscious conception and selecting the sex of a future child

Ejaculation control and natural methods of contraception as described on the following pages open up the possibility of the conscious conception of a child when a couple is most prepared for such a project, psychologically, physically, and economically.

Conscious conception is an enormous advantage for the couple as well as for the future child. An unwanted pregnancy occurring at an inappropriate time may be a huge problem, not only for the parents but also for the child. Studies show that unwanted children are more susceptible later in their lives to physical and psychological health problems than the rest of the population.¹² Conscious conception ensures optimal conditions for the child's development and can solve the worrying problem of constant growth in the world population.

Once we have made a decision about pregnancy, the ability to control our sexual reactions also enables us to test a theory about choosing the sex of our future child.

According to that theory, if we want a male descendant, intercourse should be short. The man should make shallow penetration into the woman's vagina and ejaculate quickly, without the woman having any orgasm during that particular intercourse. In this case, the woman's vagina remains highly acidic. Sperm cells are sensitive to an acidic environment. Those that carry female chromosomes move faster. They are the first to encounter the acidic environment that cause their death. Due to their mass, the dead sperm cells decrease the acidity of the

vagina so that the sperm cells that come afterwards and carry male chromosomes have a greater chance of survival and make their way up to the ovum.

If we want a female baby, intercourse should last long; the woman should have many orgasms, and the man should ejaculate with deep penetration into the vagina. The woman's orgasms decrease the acidity of the vagina, and deep penetration gives the advantage to the sperm cells that carry female chromosomes and move faster, enabling them to arrive first at the ovum.

Love and the body

Numerous scientific studies suggest many benefits that we can get from a quality sex life in the sphere of physical and mental health,^{13, 14} marriage¹⁵ and social life¹⁶. But how many people really have quality sex lives?¹⁷ It is important to notice that research about sexual life is mainly done with the help of volunteers, and that means that it depends upon enthusiasts that embark on research because they are positive about their sexual experiences. Therefore, the results that we get are not an accurate reflection of the average situation among the population, but only of those who have satisfying sex lives (in the case of laboratory studies) or of those who are at least positive enough about sexuality to be willing to respond to a questionnaire (in the case of various polls).

There are social studies that warn us that a large percentage of the population finds more pleasure in consuming alcohol, narcotics or shopping than in sexual intercourse.¹⁸ Personally, I find such data painfully alarming, and I believe a book that offers

concrete procedures for improving one's sex life is extremely necessary.

Even in the case of a satisfying love relationship, there is a phenomenon known as “post-coital depression”. Hormonal changes that occur after a couple experiences common orgasm diminish the desire for further intimacy and create a feeling of emptiness and alienation.¹⁹ Research has shown that even in quality relationships, satisfaction in sexual life wanes with years.²⁰ I believe that, over time, the cumulative experience of post-coital depression undermines the positive results of intimacy. As any other experience, the feelings of desire and being in love have physiological, biochemical, and hormonal foundations.²¹ The physiological changes occurring after a common experience of orgasm literally exhausts that physiological basis of love.²² Our partner, who was the object of our extreme desire at the beginning of the relationship, often seems less attractive and desirable after some time.

But things do not have to be like that! The procedures explained in this book will enable you to bypass postcoital depression and its devastating influence on the feeling of closeness, while the positive effects of your loving relationship may be multiplied. The result is the lasting development of the physiology that maintains the feelings of love, being in love, and mutual attraction.

Advantages for your emotional and sexual relationship

The procedures described in this book will enhance your experience during lovemaking, your intimate relationship, your health, your mental state, and your social relationship.

The orgasms that you experience in the way described here will preserve in your and your partner's bodies high levels of the desirable hormones of love and satisfaction (oxytocin and dopamine),²³ as well as those encouraging mutual connectedness and affection (endorphins),²⁴ without an increase in levels of hormones that create feelings of emptiness and alienation (prolactin). In this way, after each lovemaking you will experience rapture, ecstasy, enthusiasm, and zeal that may continue for several days. There is no exhaustion, and therefore, each sexual encounter with your partner builds on the energy of the previous one. For that reason, each encounter will be a new experience, revealing new dimensions of waves of ecstasy, energy and the expansion of consciousness.

In ordinary sex, we usually have a pattern of variation between 0 and 1.

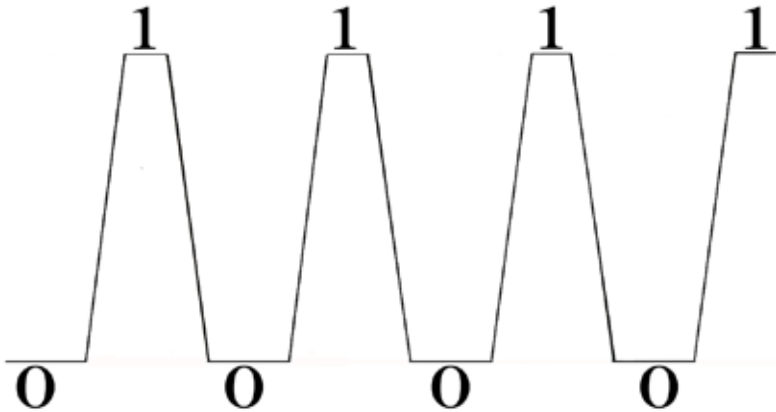


Illustration 1: *Variation of energy in ordinary sex.*

When we feel good and energetic, our sex hormone levels increase, we have a yearning for sex, and our partner looks desirable. We can designate that state of energy as 1.²⁵ We engage in some kind of sexual activity, either with our partner or alone (see illustration number 1). After an ordinarily local orgasm or a few of them, there is a fall in the levels of the hormones that were enticing us to engage in sexual activity (testosterone, oxytocin, dopamine) and a rise in hormones that redirect our attention to other issues (prolactin). We may start to feel emptiness and depression and our partner may not look as attractive any more. That energy state we designate as 0. After a recovery period (which may last two or three days and even up to two weeks)²⁶ there is again a rise in hormones responsible for our interest in sex, and the cycle starts anew (see illustration 3). With time, such a clichéd pattern leads to monotony and sexual indifference towards our present partner. To rekindle the old rapture we turn to sex tools, or we look for another partner.

However, with the help of the procedures given in the following chapters there will be no decrease in hormones that provide a foundation for the feelings of love and affection (see illustrations 2 and 4). In addition, they will also help our feelings of being in love and mutual desire to constantly grow. We feel that, thanks to previous experiences, we permanently grow and rise to ever higher levels of sexual ecstasy that apparently has no limits. Such sex never becomes monotonous. The experience is new each time, and we feel that such a development is possible only with a permanent partner.

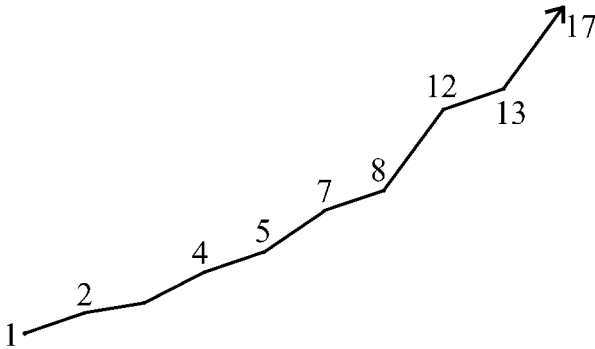


Illustration 2: *Growth of energy when cultivating the physiology of love*

Such a hormonal state creates a constant feeling of being in love!

It is commonly thought that being in love is a characteristic of the initial period of a love relationship, one that goes away after a while, and that, if the relationship continues, it ideally transforms into a state of love. However, the physiology of being in love – without negative side effects such as sleeplessness, hyperactivity, and loss of appetite – can be sustained permanently with the help of knowledgeable lovemaking, and it is expressed through mutual attraction and enthusiasm, frequent exchanges of affection through words and touching and other forms of behavior that characterize a state of infatuation. But in this case, it endures and develops.

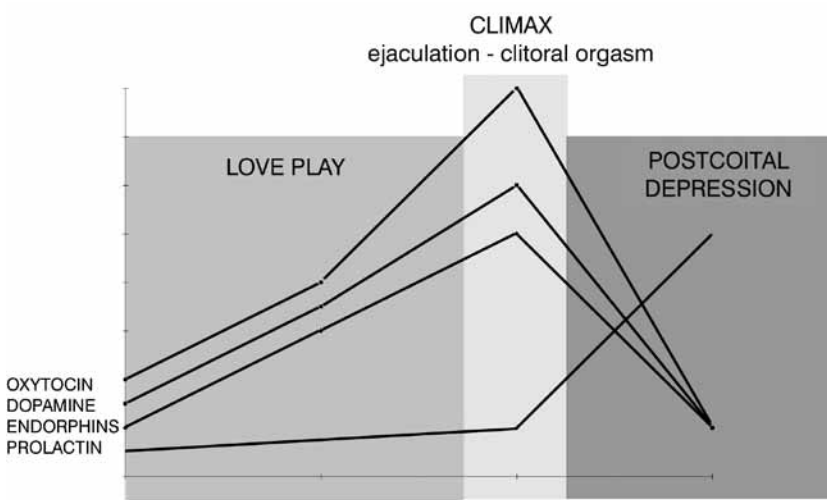


Illustration 3: *Hormonal changes in ordinary sexual activity*

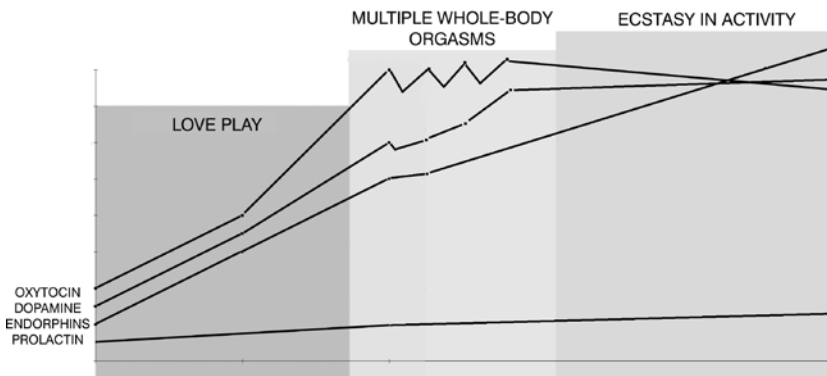


Illustration 4: *Hormonal changes due to nurturing the physiology of love*

Advantages for our health

Research results show that a quality sex life has a strongly positive influence on physical and mental health:²⁷ it strengthens one's immunity, decreases one's risk of catching the flu, decreases stress, and contributes to longevity. It has also been noted that a good sex life decreases depression, heart disease, and the incidence of tumors. People with quality sexual and emotional lives are biologically up to ten years younger than their chronological age.²⁸

Mental development

I do not know of any studies that have directly measured mental functions after sexual intercourse. I do, however, believe that orgasms increase brain coherence, activating and harmonizing brain activity as a whole, and in that way improve our various mental capacities. Research should show that, after experiencing orgasm, we are more intelligent and that we approach the various demands of life more creatively.

The development of social qualities

Regularly experiencing complete orgasms as described in this book promotes self development – it develops us in the direction of becoming integrated and complete individuals.³⁰ Women in particular intuitively feel that making love is far more than physical blending, that it is not only a deeply emotional experience but also deeply spiritual. Studies suggest a parallel

between the biochemical changes that take place in the body during love-making and those changes that happen during mystical experiences and the expansion of awareness.³¹ This book will help men and women alike to deepen that mystical experience of sexuality.

Finally, the quality of sexual life is strongly influenced by personal expectations and social attitudes. We live in a society that has a deeply negative attitude toward sexuality, and we may presume that this attitude is a direct outcome of the biochemical changes that we experience in ordinary sexual intercourse. Perhaps this is not so obvious with all the references to sex that are made by the advertisement industry, but it is clear that sex is rarely a serious theme of conversation, and negative references to sex are very common. A good indicator of our often deep frustration connected with sexuality is our abundant use of vulgar expressions for the sexual organs and sexual intercourse when we curse, or when we describe our negative attitudes and feelings. There is nothing wrong with popular names for our sexual organs per se, but it is not clear why they are used so abundantly in offensive language and when expressing disrespect. It is probably because we enter physical intimacy with great hopes, excitement and expectations, and after it we are mainly disappointed, exhausted, and alienated. And while sexual words in curses express general social frustration with that part of life, at the same time we pass those negative attitudes on to new generations. Curses and “forbidden words” are the first impressions that children get about the sexuality of adult people. We start to carry that social burden even before our first personal

sexual experiences. If we want to enjoy the fullness of sexual life, we must rid ourselves of that burden. If we want a happier life for ourselves and our children, one of our first steps towards that goal is to stop using sexual words for cursing and expressing negative attitudes.

Notes

⁴ Profesor Philip Muskin, MD, of Columbia University, on the basis of various studies presents the following statistics about sexual disorders: Low sex drive, depending on the source, affects 27-34% of females and 13-17% of males. Sexual arousal disorder is experienced by 11-27% of women, while erectile disorders trouble 8-38% of men. 15-28% of women do not experience orgasm. Premature ejaculation affects 25-32% of men. 8-23% of women experience pain during intercourse. Muskin 2004

Again, I would draw attention to the fact that most investigations are done on volunteers, who are generally from that part of the population that feel sexual issues are worth considering. Regarding the defining criteria for premature ejaculation, most investigators accept the standard (and, in my opinion, very low) minimum limit of 2 minutes. We can assume that the actual situation in the general population is by far gloomier.

⁵ Lilly 1972.

⁶ Kinsey 1948.

⁷ Genital orgasm is a special case of a more pervasive orgasmic process. Komisaruk 2006

⁸ Dunn 1989, Hartman 1984, Robbins 1978

⁹ Kegel describes the separate, pelvic nerve innervation of the dorsal two-thirds of the pubococcygeus, in contrast to the pudendal innervation of the external genitalia and ventral pubococcygeus. Kegel 1956. After him, John D. Perry further develops and experimentally justifies the theory that clitoral and vaginal orgasm

may be experienced via different nerves and may occur together or separately. Perry 1982

- ¹⁰ The level of prolactin sharply rises after ejaculation and clitoral orgasm and remains high for several days. Presence of prolactin blocks further sexual desire and directs attention to other activities. However, the presence of prolactin is also responsible for mood changes, anxiety, despair, hostility, aggression, and depression. Odent 2000, Exton 2001, Kruger 2002
- ¹¹ An area within the vagina located 3 to 5 centimeters from the entrance on the anterior wall, behind the ridge of the pubic bone, that in some women when they are already sexually aroused becomes especially sensitive and with further stimulation may lead to deeper experiences of orgasm.
- ¹² Odent 2000, Forssman 1981, Kubicka 1995, Myhran 1996.
- ¹³ Sex improves blood circulation, lowers cholesterol levels, releases endorphins, and helps in the reduction of excess body weight. In sexual intercourse we may burn around 400 calories per hour. We lose that much by 30 minutes of running. Charnetski 2006. Studies also show that men who are sexually active three or more times a week reduce their risk of heart attack by 50%. Weeks 1999
- ¹⁴ Sex in a loving, intimate relationship has numerous health benefits. In women, for example, the sexual act triggers the release of oxytocin. Oxytocin promotes the feeling of affection and triggers the nurturing instinct. In men, sex encourages the flow of testosterone, which strengthens the bones and muscles and helps transport DHEA, a hormone that may be important in the function of the body's immune system. Sex, like exercise, releases endorphins. Endorphins contribute to the runner's high and diminish pain levels. Pearsall 1986

Sex helps people cope with midlife crises. Bachmann 1995

Sex helps reduce stress. Numerous studies show that it does this by lowering anxiety levels, boosting relaxation, and aiding sleeping.

- ¹⁵ Strong correlations have been found between sexual satisfaction and satisfaction in marital life. Trudel 2002

Further researches show that higher levels of sexual satisfaction lead to an increased quality of marital life. Yeh 2006

A recent study by the Creighton University Center for Marriage and Family suggests that time, sex, and money pose the three biggest obstacles to satisfaction in the lives of newly married couples. Creighton University 2001

- ¹⁶ The National Health Service (NHS) of Great Britain has recently stated in a large campaign of the Ministry of Health that British citizens might be considerably healthier if they engaged in more frequent and more active sex. "Sex uses every muscle group, gets the heart and lungs working hard, and burns about 300 calories an hour.

Also, orgasms can actually make you glow with health. The increased production of the hormones will make your hair shine and your skin smooth.

And if you're worried about wrinkles - orgasms even help prevent frown lines from deepening.

If you're lucky enough to have a healthy sex life, you probably already know that sex can be good for the soul. But a good lovemaking session can do more than make you smile. When we orgasm, chemicals called endorphins are released into the brain - these 'happy hormones' make us feel instantly calmer and banish stress.

Orgasms even release painkillers into the bloodstream, helping keep mild aches and pains at bay, and produce extra estrogen and testosterone hormones.

These hormones will keep your bones and muscles healthy, leaving you feeling fabulous inside and out.

Sex is a great means for feeling happier and less stressed - many people with sleep problems swear by it.

Sex with a little energy and imagination provides a workout worthy of an athlete, leaving your body tired and in need of a good rest to recharge those batteries.

But as well as that, the post-coital period after sex is a time to completely relax. In fact, following a satisfying session you could find that what's been playing on your mind has vanished, and you sleep more deeply and restfully.

Sex can actually help you live longer. The endorphins released during orgasm stimulate immune system cells, which helps combat illnesses.

Orgasms also boost your circulation, helping the body rid itself of harmful toxins. Regular sex can even keep your heart healthy and lower your risk of heart attack.

So, you can have a healthier heart, healthier body and calmer mind - all thanks to the healing powers of sex. And you can have lots of fun in the process!" British National Health Service 2006

The increased production of oxytocin during lovemaking helps to heal the organism as a whole, helps digestion, and has other anti-stress effects. Studies demonstrate a longer life span in men who are in stable sexual relationships. Uvnas Moberg 2003, Komisaruk 1998

Just before orgasm, levels of hormone oxytocin rise up five times more than the normal level. That in turn releases endorphins that decrease pains all over the body, ranging from headaches to arthritis and even migraines. In women, sex also induces the production of estrogens that alleviate premenstrual problems. Costa 2007

Other research demonstrates that the presence of oxytocin increases trust towards other people. Lindenberg 2005, Uvnas-Moberg 1998, Witt 1997, Kosfeld 2005

- ¹⁷ According to Durex Internet research, only 46% of the Eastern European population is satisfied with their sex lives, while in Western Europe only 38% of the people are satisfied. Durex 2006. The question is whether those who are more satisfied really have better sexual lives or whether they are less critical and have lower expectations. We know from earlier studies that level of education influences sexual behavior and that more educated persons have more complex and higher quality sexual lives than those who are less educated.
- ¹⁸ According to a Durex social research study from 2001, which was conducted in 28 countries and included 18,500 men and women aged between 16 and 55 years, to the question whether there was anything more important than sex, 22% responded that they would rather hang out with friends, 10% preferred sports, 17% preferred shopping, and overall, 56% were not satisfied with their sex lives. Durex 2001. If we remember that this research was also done on volunteers, we can suppose that the actual numbers of those unsatisfied with their sex lives are greater. In other studies of a similar nature, it has also been found that a large number of participants feel that alcohol or narcotics give more pleasure than sex. On the other hand, those same persons are more prone to aggression. Prescott 1975

- ¹⁹ After culmination, there is a sharp rise in levels of the hormone prolactin, which blocks further interest in sex and intimacy. After orgasm attained through coitus, the rise in prolactin in the blood of both sexes was 400 times more than in persons who reached orgasm by masturbation. Higher levels of prolactin are associated with erectile dysfunction, and here lies the explanation for why men need some time to recover after sex. Stuart Brody of British University in Paisley and Tillmann Kruger of the Federal Technology Institute in Zurich measured levels of prolactin in the blood samples of male and female volunteers who had been watching erotic movies before masturbating in the laboratory or having intercourse until orgasm. A sudden upsurge of prolactin may burst for several days after a love encounter, lasting even up to two weeks, and that may cause a decrease in the feeling of mutual attraction and a more cold relationship among partners. Brody 2006
- ²⁰ According to an Internet study that was conducted in February 2006 by Elle and MSNBC.com and to which 77,895 readers responded, half women and half men, and of which 90% have been in monogamous relationships, 73% of males report that they had intercourse more frequently at the beginning of their marriages (65% of women say the same). 23% of men and 13% of women say that they are very dissatisfied with their marital sex lives. 68% percent of men say that their sex life is predictable. 53% of men and 37% of women feel that their partner desired them more in the early days of their relationship. Weaver 2006. Again, we should keep in mind the volunteer character of response to the questionnaire. The depressed and less educated part of the population has not responded. Therefore, the real picture is probably gloomier.
- ²¹ Romantic love is linked with dopamine and norepinephrine, which cause a state of euphoria, excitation, insomnia, and anorexia, as

well as a rise in energy and hyperactivity. Dopamine induces the desire to see, talk to, and be with one's loved one, and such focused behavior makes that person unique. High levels of dopamine produce anxiety and the fear of losing the loved one, thus enhancing the romance.

Attachment is caused by norepinephrine, which also enhances the memory of new sensations, which helps bonding. Obsessive thinking about the loved one is similar to obsessive compulsive disorder, which is linked with low levels of serotonin.

Sexual appetite starts in the hypothalamus, which stimulates the gonads and the production of testosterone and estrogens. The adrenal glands also help by producing smaller amounts of these hormones. Fisher 1998, Liebowitz 1983, Wise 1988.

- ²² After clitoral and ejaculatory orgasms, oxytocin and dopamine levels fall sharply and prolactin levels go up. Uvnas Moberg 2003, Odent 2000.
- ²⁴ Odent 2000, Murphy 1979
- ²⁵ Males have always felt that sex exhausts them, and subjectively, we experience that as a lack of energy and enthusiasm. Thanks to new research, we know that those subjective feelings may be associated with hormonal changes in our bodies. It seems that the rise in prolactin is responsible for the waning of energy and enthusiasm after ejaculation. However, in our writing we will continue to use word "energy" to mean a subjective feeling of enthusiasm and openness or a lack thereof.
- ²⁶ That does not mean that before that time we cannot engage in sexual activity. It means that before that time there is no hormonal balance that unites sexual desire and feelings of love. Usually we engage in sex much earlier because soon after ejaculation the

level of testosterone rises sharply, but because of the high levels of prolactin that are still present and the low levels of oxytocin, our feelings of love are lagging behind sexual expression, which in its basis may have a number of motives which are unconnected with our need to enjoy closeness with our loved one.

- ²⁷ Komisaruk 1998. Studies also show that individuals who have sexual intercourse twice a week or more have up to 30% higher levels of immunoglobulin A in their blood. Immunoglobulin A fortifies the body's defenses against illnesses. Charnetski 2001
- ²⁸ A study on 3,500 individuals in the age range from 18 to 102 years proves that sex really slows down the aging process. Men and women who reported that they have sex at least three times a week looked approximately 10 years younger than their chronological age. They also lived longer than those reporting less sex activity and less frequent orgasms. This 10-year study also found that those persons express more altruism and are more trustworthy. Weeks 1999
- ²⁹ Studies show that the presence of oxytocin increases trust towards other people. Lindenberg 2005, Uvnas-Moberg 1998, Kosfeld 2005
- ³⁰ Komisaruk 1998
- ³¹ Odent 2000, Kroll 1987, Thirleby 1982