

**TOP TIPS TO BOOST
OXYTOCIN
THE HORMONE OF LOVE
AND BONDING**



BY DR. DISHA SRIDHAR



Oxytocin Blog



Have you heard of Oxytocin – the Happy Hormones?

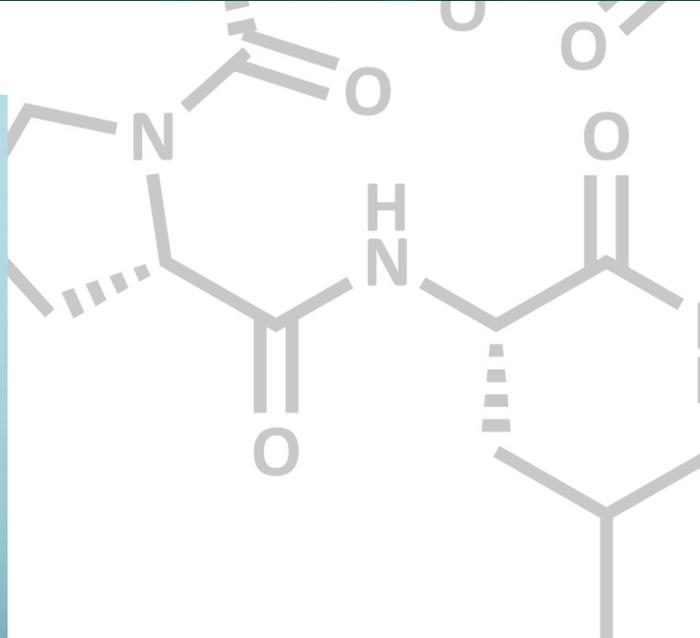
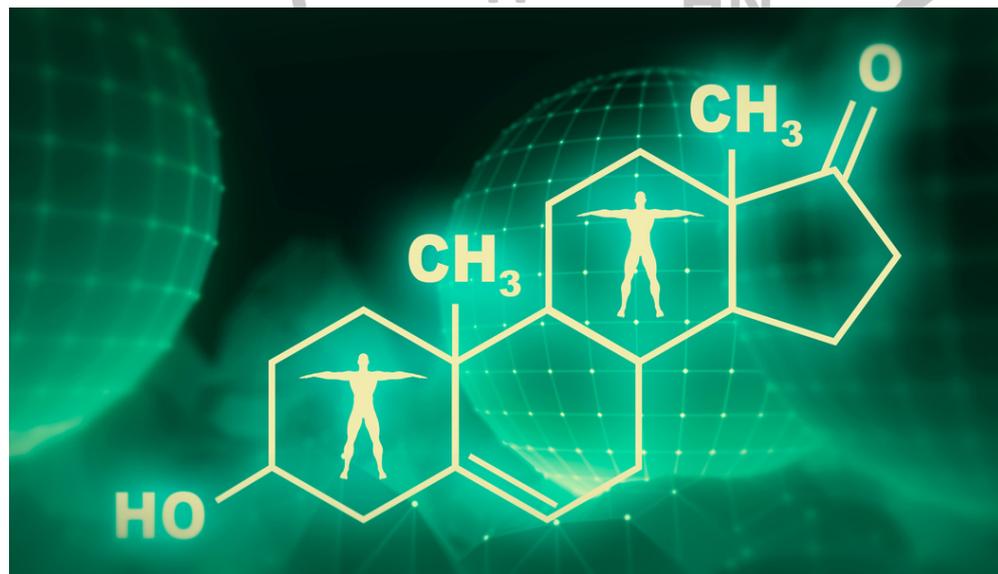
You might have heard about the 'feel-good' hormone, oxytocin. So what exactly is oxytocin? Oxytocin is my favorite hormone as it is also known as love and bonding hormone. It is an important neurotransmitter and plays a vital role in reproduction. In females, this hormone triggers labor, and also helps to release the breast milk. In males, oxytocin helps to move the sperm.

Oxytocin hormone is naturally produced in the body by the hypothalamus, which is a small region at the base of your brain, and is secreted by the nearby pituitary gland. Oxytocin, in combination with dopamine and serotonin, are often called as happy hormones.



Oxytocin is a vital hormone for the feminine. Not only it helps in labor, childbirth and breastfeeding, it also channelizes the feminine energy.

So, take my oxytocin quiz and check how this vital hormone is performing in your body, which is very essential for being in your feminine energy and to balance your hormones. Take this quiz and then download my free guide and my top tips on how to boost your oxytocin.



OXYTOCIN QUIZ

DR. DISHA'S HAPPINESS QUIZ

Discover Your Levels Of
The Love and Bonding

Hormone
OXYTOCIN!



Take the quiz

Top ways to boost your oxytocin

Just like we read in the last part, oxytocin is a wonder hormone that can pump up your mood and emotions and I'm sure after knowing the plethora of benefits it offers, all my queens would like to know how can you give it a boost, naturally.

1. Be thankful:

Feeling of gratitude and expressing it can be a wonderful way to increase your oxytocin.

I highly recommend gratitude journaling to all my clients and also writing thank you notes, whenever possible.



2. Cultivate your hobbies:

To give a boost to your oxytocin levels, you got to do what you love to do. For example, I love to watch the sunset. I love to walk on the beach whenever I get a chance. I love to read a

book; I just love to cuddle up with my favorite book. So, whatever you like to do, do that more often.



3. Laugh often: Laughter

Is no wonder the best medicine.

Try watching comedy movies or watch stand up comedy shows.



Surround yourself with people who make you laugh and bring out your humor when you are with friends and family. Don't get too immersed in the seriousness of life.

4. Touch therapy:

Touch has the power to induce oxytocin release. So, whether you are giving a massage or receiving a massage, that is a very beautiful way to boost up your oxytocin levels.



5. Be like a child:



Be free and playful like a child. Just watch a kid or a toddler how free they are, without self-criticism, without self-consciousness. They just fully participate and engage in life and enjoy the fun activities. Kids can be our best teachers when it comes to this area. I've personally learnt a lot from my baby how to enjoy life. She's really truly an inspiration for me.

6. Enjoy a pet:



If you are a pet lover, nonverbal exchange of love with an animal can be a very beautiful experience.

It can bring you very close to unconditional love and it's a very unique way to increase your oxytocin.



For those of you who are pet lovers, taking care and cuddling a pet can significantly improve or help to improve the oxytocin levels.

7. Connection and community, helping others:

Connection, community and service in our culture as we call seva, satsang, & simran.

This means giving yourself in service of others and allowing them to help you.

It can be a wonderful exchange that increases oxytocin and makes you feel great.



8. Intimacy:



Oxytocin is often associated with orgasm, or climax. But just a playful cuddle with a mate can certainly

increase your oxytocin levels.

9. Animate the feeling of love:



So, there's a saying that fake it till you make it and even if you don't feel so much love in your life like now, I promise you can certainly fake it till you make it. You can boost up your oxytocin with yoga and meditation.

Just sit in meditation or in a relaxing pose and feel intense gratitude for being alive, or just the simple things in life, which we take for granted. It is a wonderful way to boost up your oxytocin.

What You Think You Need To Balance Hormones



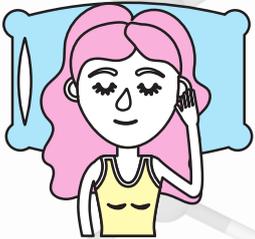
What You Actually Need



Alkaline Foods
SHE-TO



OXYTOCIN



Good Sleep



Healthy Gut



Emotional
Health



Exercise