

OXYTOCIN

DECREASES CRAVINGS AND SUPPRESSES HUNGER

Oxytocin is a six amino acid peptide that functions as a hormone and a signaling molecule. It increases feelings of social connectedness, and strengthens bonds between partners. It also reduces cravings, suppresses appetite, improves mood, and reduces anxiety.

HOW DOES OXYTOCIN CAUSE WEIGHT LOSS?

Several research studies have demonstrated oxytocin's ability to modulate appetite and reduce cravings.

Oxytocin can cause weight loss by:

- Reducing appetite
- Promoting fat breakdown
- Facilitating energy consumption
- Stimulating satiety centers in the brain
- Activating brown fat

Oxytocin decreases food and calorie consumption by reducing the appeal of foods that are high in fat and calories.

BENEFITS OF OXYTOCIN

Oxytocin has the following potential benefits:

- Helps with social bonding
- Enhances sexual satisfaction
- Suppresses appetite
- Decreases impulsive behavior
- Reduces stress / anxiety
- Increased orgasmic intensity

INDICATIONS

WHAT IS OXYTOCIN USED FOR?

- Oxytocin is medically indicated for inducing labor in pregnant women.
- Oxytocin is also used for stopping uterine bleeding after delivery.

CONTRAINDICATIONS

WHEN SHOULD YOU AVOID OXYTOCIN?

- An allergy to oxytocin or any of its components
- Uterine infection
- Genital herpes
- Cervical cancer
- Surgery on the cervix
- High blood pressure
- Heart problems
- An irregular heartbeat

COMMON OXYTOCIN SIDE EFFECTS

- Nausea
- Vomiting
- Increased uterine contractions
- Headache
- Fast or slow heartbeat
- Heart arrhythmias
- Decreased sodium levels
- Allergic reactions like skin rash, itching or hives, swelling of the face, lips, or tongue
- Breathing problems
- Excessive or continuing vaginal bleeding
- Feeling faint or lightheaded, falls
- High blood pressure
- Unusual bleeding or bruising
- Unusual swelling, sudden weight gain
- Runny nose
- Watery eyes

RARE OXYTOCIN SIDE EFFECTS

- Seizures