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Talking Points



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"Love comforteth like sunshine
after rain"
~William Shakespeare~

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.....THE SCIENCE OF LOVE.....

When do you know if you fancy someone? What does love do to your brain chemicals, & is falling in love just nature's way to keep our species alive?

We call it love. It feels like love. But the most exhilarating of all human emotions is probably nature's beautiful way of keeping the human species alive & reproducing with an irresistible cocktail of brain chemicals.

It's not what you say.....

Psychologists have shown it takes between 90 seconds & 4 minutes to decide if you fancy someone. Research has shown this has little to do with what is said, rather....

- 55% is through body language
- 38% is the tone & speed of the voice
- Only 7% is through what is said.

Step 3: Attachment: Attachment is the bond that keeps couples together long enough for them to have & raise children. Scientists think there might be two major hormones involved in this feeling of attachment: oxytocin & vasopressin. -- *Oxytocin*..the cuddle hormone....a powerful hormone released by men & women during orgasm. The theory is that the more sex a couple has the deeper their bond becomes. Oxytocin appears to cement the strong bond between mother & baby & is released during childbirth. Vasopressin..another important hormone in the long-term commitment stage & is released after sex. Suppress the effect of vasopressin in one & the bond between partners deteriorates.

The Final Question? What is the role of *chocolate* in all this?
~from Your Amazing Brain / 2010 & Scientific American Mind / 2010~

THE 3 STAGES OF LOVE.....

Stage 1: Lust. This is the first stage of love & is driven by the sex hormones testosterone & oestrogen – in both men & women.

Stage 2: Attraction. This is the amazing time when you are truly love-struck & can think of little else. Scientists think that three main neurotransmitters are involved in this stage: *adrenaline, dopamine & serotonin.*

--*Adrenaline* ...in initial stages of falling in love stress response is activated and causes the sweating, heart racing and dry mouth.

--*Dopamine*....Newly 'love struck' brains upon examination show high levels of dopamine. This chemical stimulates 'desire & reward' triggering an intense rush of pleasure. This surging dopamine in new stages of love can explain increased energy, less need for sleep or food, focused attention and exquisite delight in smallest details of a new relationship.

--*Serotonin*...One of love's most important chemicals may explain why when you're falling in love, your new lover keeps popping into your thoughts.

Does Love Change The Way You Think?

Dr. D. Marazziti, Psychiatrist, University of Pisa analyzed blood samples of lovers and found that serotonin levels of new lovers were equivalent to the low serotonin levels of Obsessive-Compulsive Disorder patients.

So the answer isProbably.....

These *chemicals* help us idealize our choices because *Love* needs to be blind.