

# Oxytocin®

During hugs

## WHAT IS IT?

Oxytocin is a hormone that acts primarily of protein nature on the breast and uterus. But not only that!

Oxytocin increases when we exchange relationships.

It also increases confidence and empathy towards others and reduces stress!

## PRECAUTIONS FOR USE

Age	Dosage and frequency
For all	The more you take, the better will be! It increases your happiness and your well-being every time you'll load!
<ul style="list-style-type: none"><li>• Do not take oxytocin is <b>STRONGLY</b> discouraged.</li><li>• <b>EXCEED IN DOSES</b></li></ul>	

## HOW TO USE THIS MEDICINE

Hug more and more and more!

Hugging is a manufacturer of oxytocin, and it is a gesture so simple to do that you do not have to put limits!

So hug people you care about, starting from now!

## POSSIBLE SIDE EFFECTS

Effects were observed with doses of oxytocin in exceeding **DESIRED**.

High doses of oxytocin can take you to be most loyal friends, you feel better with your body and your mind, to strengthen the relationship with your partner and strengthen your immune system.

It 'important to communicate with yourself when you get side effects from your life and you need to take steps to improve them through huge intake of oxytocin!

## SHELF LIFE AND STORAGE

Do not see the expiration date. There is not.

Oxytocin is produced always, and always in the same way.

A hug or ten hugs produce the same embrace for each dose of oxytocin.

# Squeeze&Hug say

## BENEFITS

- 1.** A hug generates confidence and sense of security. This facilitates communication between people, strengthening the relationship with your partner and with their friends.
- 2.** A hug immediately increases the level of oxytocin, which decreases the feeling of anger and stress by about 7%.
- 3.** A hug, if extended duration, increases the level of serotonin, that increase the feeling and mood of happiness.
- 4.** A hug strengthens the immune system. The slight pressure on the sternum and the emotional charge of a hug stimulates the thymus gland, which regulates and balances the body in the production of white blood cells, which keep in good health and free from any diseases.
- 5.** A hug increases self-esteem. The pampering we received from our mom and dad during growth are imprinted on a cellular level, and a hug us back to this memory as adults. Hugs, therefore, increase our self-esteem, making us feel loved.
- 6.** A hug relaxes the muscles and releases tension. It alleviates pain by increasing circulation in the soft tissues.
- 7.** A hug balance the nervous system. For skin conductance, the body receives and returns electrical energy that suggests a more balanced state of the immune system.
- 8.** A hug generates affection equally in both people, teaching us to share and receive, facilitating generosity on both sides.
- 9.** A hug generates an exchange of energy that strengthens the relationship between people. It encourages empathy and understanding. And is synergistic, which means that the whole is greater than the sum of its parts:  $1 + 1 = 3$  or more!
- 10.** A hug reduces blood pressure. This decreases the possible meaning of any heart disease.
- 11.** A hug reduces the heart rate of 5-7 beats per minute. A heart beats an average of 65-69 times per minute. In a atelta about 54, in an elderly about 76.