Happy Valentine’s Day!
The Love Drugs
Phenylethylamine (PEA)

Why is chocolate called a “comfort food”? Let’s learn more about the chemistry of love first.
Adrenaline

Falling in love activates your stress response and you start to sweat, heart races, and mouth may go dry.
Dopamine and Serotonin

Yes, being in love actually does produce more dopamine, putting you on a high!
Pheromones
Oxytocin

Released when we hug - lowers heart rate and cortisol levels
Infants who are touched gently on a regular basis gain weight and grow better than those who lack this contact
Endorphins

The body's natural painkiller