

stanleybecker

when my children were infants I use to call them "hug machines" - ironically, my parents never hugged/ kissed/ stroked me - so my children got compensation hugs ha ha - it is pleasurable to touch or be touched - I always stroke and pet cats and dogs I pass on my walk - they are always so appreciative - I speak to children as well - so that they are not always fearful of strangers - I smile and wave to people who greet me - I talk to cashiers and passing neighbors and try to be reassuring to nervous types - I work on this all the time - I enjoy being helpful - I am sure this is the affinity I have with Dr Mercola - a big hug to Dr Mercola and everyone else

Posted On 05/20/2017

iamblessediam

Well stated Stanley, INDEED! If the "hugs and smiles" are mindfully from one's heart, HeartMath Institute has documented the heart-to-heart energy connection - I call that connection Love Bombs;-))! That "connection" also effects mirror neurons - which can lead to all kinds of magic: [www.ncbi.nlm.nih.gov/.../PMC3510904]. Off to "the March" - it's a nice day! Love, blessings and peace...an a Love Bomb smile to everyone!

Posted On 05/20/2017

therealjones

That's all well and good, but what about this climate change? (Ha)

Posted On 05/20/2017

jfox2726

Let us start a new reliable saying; " A hugging day keeps depression at bay."

Posted On 05/20/2017

Almond

Today's medical care is very fragmented. it treats the physical condition (sometimes?), but not the whole individual. When I was in practice and seeing some of the worst mental-emotional conditions, such as schizophrenia, I would often at the end of a session ask if I could give the person a hug. (always ask) I swear many people returned just for the hugs. I still believe one of the greatest healing forces is love.

The guiding light of all practitioners should be to love their patients. Then, they will always try to act in their best interest. I know there is a risk in this kind of behavior and it is not politically correct, but this kind of comfort is essential for many people to heal. I also had an incredible recovery rate, even after many other practitioners had failed. First, you must nurture the innate vitality and will to live. People can do incredible things when they believe in themselves. The body can achieve what the mind can conceive. A personal touch also gives people hope.

Posted On 05/20/2017

mindig

I got a dog for this very reason. My husband is not at all affectionate, and I suffered thru many years w/out any affection. My dog has filled that void, not sure a teddy bear would have.

Posted On 05/20/2017

Julianne

As an older person living alone, I don't need to learn how to hug, but who. The only time I get a hug is when I catch up with an old friend I haven't seen for a while. Who hugs the elderly?

Posted On 05/19/2017

Tea4me

I do! You can too. If there's a senior center in your community, bet your hugs will be much appreciated and returned there. Some of us grew up in families and circumstances that didn't allow for - or even tolerate - hugs and other expressions of affection. So it can be awkward and a bit uncomfortable to become a hugger, but you get past that quickly. Being the first to offer a smile and a hug is delightfully self-reinforcing - people just light up! Most everyone needs more human contact. We're lucky to have a senior center here, and once the hugs start, the laughter and conversation and activity flow. If you attend a church, that's (usually) hug friendly. Volunteer work? Attend concerts or classes? Meetings? Grocery shop? Anything you do with others is an opportunity to greet with a hug. Don't take it personally if someone doesn't want a hug, there are those who can't tolerate it for many reasons. Your smile and understanding and well wishes will improve their day, and yours. Hugs to you, dear Julianne, and to all!

Posted On 05/20/2017

therealjones

At church.

Posted On 05/20/2017

grulla

You can hug your pet dogs, cats, or whatever, also. And if you hug your pet Python, don't forget, they can hug back, lol .

Posted On 05/20/2017

veritasoreventus

BTW, here's how I got started getting my fair share of hugs: www.youtube.com/watch

Posted On 05/20/2017

Trekkiemaiden

Look at all those man-pats in the vid!! Apparently that's a real male thing to do - to lessen contact/intensity??? I love giving and receiving hugs - you can almost feel the healing start tangibly. This is a great and totally spot on article - thanks Dr M.

Posted On 05/20/2017

forbiddenhealing

You have just entered the twilight zone of the autonomic nervous system and placebo healing; scroll down to "Placebo" www.forbiddenhealingforum.com/forum-comments

Posted On 05/20/2017

melissawl

I loved to be hugged ... very true about hugging and healing and the healing process, among other things like feeling loved (based on personal experience). I don't get hugged much, but when I do it does really help. Didn't get a lot when I was younger, but I made part of it up when I took care of others' kids. They all got hugs from me ... and they were the ones who initiated all of the hugs.

Posted On 02/02/2018

interestedone

*****if open minded***** this humanitarian is of interest (its just one path ****not**** the only path) she hugs all: Mata Amritanandamayi Devi- she visits US each year

Posted On 05/20/2017

Guillermou

Great powers of hugs. Oxytocin reduces the expression of proinflammatory cytokines and reduces the infiltration of immune cells. Oxytocin (OT) also stimulates the differentiation of stem cells into cardiomyocyte lineages, as well as the generation of endothelial and smooth muscle cells, promoting angiogenesis. Beneficial actions of oxytocin may include increasing glucose uptake by cardiomyocytes, reducing cardiomyocyte hypertrophy, decreasing oxidative stress, and mitochondrial protection of various cell types. Oxytocin is cardioprotective by reducing inflammatory response and improve cardiovascular and metabolic function.

Due to its pleiotropic nature, this peptide demonstrates clear potential for the treatment of cardiovascular pathologies. The role of OT in glucose uptake, pancreatic function, and regulation of body weight balance suggests the involvement of OT in the pathophysiology of diabetes: Accumulating evidence indicates that the hypothalamic-neurohypophysial system is involved in the network. neuroendocrine-immune. Studies suggested that high levels of OT protected against increases in mitochondrial oxygen consumption, ROS production, and release of proinflammatory cytokines seen in stress and hypoxia. OT is produced in the cardiovascular system and is critical in regulating cardiac and vascular function during early development and adulthood.

The main actions of OT include the regulation of chronotropy and inotropy of the heart, as well as the vascular tone of cardiac resistance vessels. OT is also involved in the regulation of blood pressure and body volume through the cardiac-renal axis and the release of NO. In addition to cardiovascular regulation and protection, OT exerts potent antioxidant and anti-inflammatory effects on CMC. In cells, OT targets mitochondria, promoting glucose uptake and reducing the effects of ROS upon reperfusion.

Posted On 05/09/2024

Guillermou

Oxytocin has demonstrated beneficial cardiovascular outcomes in animal models of cardiovascular disease. This study aimed to determine whether chemogenetic activation of hypothalamic oxytocin neurons in animals with obstructive sleep apnea-induced hypertension would reverse or mitigate the progression of autonomic and cardiovascular dysfunction.

www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2020.02.. (2020).--

www.ingentaconnect.com/content/wk/hyp/2023/00000080/00000004/art00024 (2023).- Compared with normal breastfeeding, both tellectomy and complete separation were associated with reduced OT and harmful cardiovascular parameters at 1 month postpartum.

These results suggest that breastfeeding cessation, not mother-infant interaction, mediates the effects of mother-infant separation on cardiovascular health. Oxytocin spikes during childbirth cause deep sensations that the mother can remember for a lifetime while the newborn receives oxytocin and endorphins. Oxytocin plays a key role in regulating the processes that ensure both maternal and infant health. the peripartum period. It should always be considered that oxytocin promotes the return to homeostasis and begins the post-stress healing process.

Oxytocin and stress pathways behave like Yin Yang systems, controlling each other on a macro and micro level. The two systems have largely been investigated independently. We suggest that these two systems are very closely intertwined and represent two sides of the same coin, balanced like Yin and Yang. Only by taking the two systems together can we fully determine their effects on birth outcomes, maternal health and child well-being. [www.ajog.org/.../S0002-9378\(22\)01950-0/fulltext](http://www.ajog.org/.../S0002-9378(22)01950-0/fulltext) (2024).-- www.frontiersin.org/journals/endocrinology/articles/10.3389/fendo.2024.. (2024).--

Posted On 05/09/2024

GloLon

A pet is a great way to give hugs and receive welcoming touches, eye contact and licks in response. Dogs, horses, rabbits, chickens, birds, and cats positively respond to touch and petting, and will come to their humans to receive and give touch!

Posted On 05/09/2024

Smudge2

No hugs or human interaction. Another reason they wanted us 'social' distanced. (totally anti-social) Can't have us feeling good, can they? They had everyone scared to death to breathe natural air which keeps us separated, too, our birthright for thousands of years. (if I exhale I'll kill others, if I inhale I'll kill myself---- very clever of them).

Posted On 05/09/2024

helpothers

Hugs are the best! I had to learn over my lifetime that not everyone likes to hug or only reserves that for family and gf bf's in their lives. I have converted a few people who were willing to give it a whirl. Sadly 2 of my 3 kids do not like hugs and it is the worst not to be able to show your love.

Posted On 05/11/2024

grulla

A lot of people are not comfortable with the idea of hugs and touching people, especially in this day n' age of sex related 'crimes', so be careful. Last I heard, a fist bump is still acceptable. eyeroll

Posted On 05/10/2024

lucyricardo1

Watching real hugs made me um, stiffen AND yearn. What is that all about?

Posted On 05/09/2024

GoldCoaster

Reading about vax shedding has turned me off hugging people unless I know they're unvaxxed. I personally never have the urge to hug people, just my partner and pets.

Posted On 05/09/2024
