

Healthy Living & Longevity Medical Center

Function Higher—Physically, Mentally, Sexually®

Sexual Enhancement Oxytocin History Form

Directions: For both sections score each answer as: 1= no, 2= slightly or rare, 3= moderate or regularly, 4= plenty or often, 5=maximum or always.

<u>Do you show or feel the following:</u>	<u>Score each</u>
Happiness	
Warm feelings for other people	
Social interactions	
Easily touch other people	
Fall in love	
Food satisfaction fullness/contentment at meals	
Lubrication (mucus secretions) of glans penis or vagina during sexual foreplay	
Women: orgasms / Men: ejaculations	
Dependence on others' opinion	
Possessiveness of loved one	
Jealous	
Fear when left alone	
Pale face that never flushes	
Stressed	
Aggressiveness, and/or irritability	
Muscle / Tendon pains	

Healthy Living & Longevity Medical Center

Function Higher—Physically, Mentally, Sexually®

Social isolation	
Give the impression that others easily bother you	
Detached from others	
Experience the world as a cold, funny place	
<u>Total Score</u>	

Interpretation of Oxytocin History Form

<u>Score</u>	<u>Oxytocin Status</u>	<u>Therapy</u>
0-25	Severe deficit	Urgent intervention: oxytocin tablets or injections in case of fibromyalgia
26-49	Defecit	Take daily oxytocin tablets.
50-65	Suboptimal level	Possible aid through natural ways (touching, hugging, singing, meeting people, Tantra Chair®, or other aids) to increase oxytocin; oxytocin tablets are often necessary daily or on occasion.
66-81	Optimal level	No treatment necessary, except occasionally to enhance sex, eg, Tantra Chair®, or to improve social relations.
82-87	High level	High levels may not hurt if no excessive negative feelings such as dependence and jealousy are involved.
98-108	Excessive (rare)	Above 100: intervention with oxytocin blockers, such as Naloxone®, may be necessary.

Healthy Living & Longevity Medical Center

Function Higher—Physically, Mentally, Sexually®

Sexual Enhancement Oxytocin Signs and Symptoms Form

<u>Do you present with the following:</u>	<u>Score each</u>
Smile (a real joyful smile)	
Flush in the face	
Relaxed body	
Body that easily expresses emotions	
Pale face	
Face: tensed muscles	
Tiny wrinkles on skin surface (lack water)	
Tensed muscles through the rest of body(except face)	
Painful tendons (points where muscles attach to bones) with pressure	
<u>Total Score</u>	

continued

Healthy Living & Longevity Medical Center

Function Higher—Physically, Mentally, Sexually®

Interpretation of Oxytocin Signs & Symptoms Form

<u>Score</u>	<u>Oxytocin Status</u>	<u>Therapy</u>
9-18	Severe deficit	Urgent intervention: oxytocin tablets or injections in case of fibromyalgia
19-27	Defecit	Take daily oxytocin tablets.
28-31	Suboptimal level	Possible help through natural ways or aids to increase oxytocin (touching, hugging, singing, meeting people, Tantra Chair®). Often oxytocin tablets may be necessary daily or on occasion.
32-41	Possibly adequate level	No treatment necessary, except occasionally to enhance sex, eg, Tantra Chair®, or to improve social relations.
42-44	High level	High levels may not hurt if no annoying genital secretions are involved.
45-47	Excessive (rare)	Intervention with oxytocin blockers, such as Naloxone®, may be necessary.

Source: Hertoghe, T. Passion, Sex and Long Life: The Incredible Oxytocin Adventures. ©2010

International Medical Books.