

SEX PRODUCES A BIOLOGICAL BOND



YOUR BRAIN ON SEX

Your brain will automatically drug you when you become infatuated with someone! This is why you cannot stop thinking about someone to whom you are attracted. Biologists have isolated a chemical in the body that seems to be highly related to the bonds you form. Oxytocin is a neuro-peptide (sometimes called the "love hormone") most originally associated with pregnancy and breast-feeding. A mother's brain is flooded with oxytocin while giving birth. It also is activated during the times a mother is breast feeding her infant. It has been found to act as a human "superglue," helping a mother bond with her infant.

Now what has caused great interest to biologists is that it also is greatly increased during the act of sex in men and women, but more so with women (3x the normal amount in males and 9x or more in females). In addition, there are other chemicals (neurotransmitters) that are related to euphoria and addiction that are released during sex and even sexual fantasy.

However, what has also been found is that the production of oxytocin is reduced by anxious and unstable relationships. In addition, multiple sexual partners seem to also reduce the production of this hormone. The result is that after multiple partners there is a lowered bonding biological ability.

People who have unstable romantic relationships and/or frequent multiple sexual partners diminish the power of oxytocin to maintain a permanent bond with a partner. The receptors become accustomed to a certain level of endorphins just as with a drug addiction. In the absence of oxytocin, the person involved will then experience a "sex withdrawal" and will want to move on to a "new and more exciting" challenge—that is, a new sex partner or experience. Social scientists have discovered that what you do before marriage can have a profound effect on your future marriage (as well as other areas of your life).

HERE'S WHAT THE RESEARCH SAYS



1. In a study of men and women, sooner sex in a relationship led to higher rates of cohabitation and significantly lower rates of relationship and sexual satisfaction in marriage.

2. In a study of husbands, the higher the number of sexual partners before marriage, the higher the risk of cheating in marriage. Lower number of sexual partners is associated with lower risk of cheating.

3. In a study of wives, the higher the number of sexual partners before marriage, the higher the risks of divorce. Wives who had no sexual partners before marriage had 3x lower divorce rates than those who had just one premarital sexual partner.

4. The earlier a couple had sex in their relationship the lower they rated certain qualities of their relationship in marriage. The longer you wait to have sex, the more you tend to work on other important qualities in your relationship (know, trust, rely, commit). "In this study it is clear that the longer a couple waited to become sexually involved the better their sexual quality, relationship communication, relationship satisfaction, and perceived relationship stability was in marriage, even when controlling for a variety of other variables such as the number of sexual partners, education, religiosity, and relationship length."