

Fall in love for good health

Want to improve your overall health? The prescription: fall in love.

There is a reason why people in love seem to undergo a total transformation. Many studies are showing that love can keep you healthy mentally, physically, socially and spiritually. Love is a powerful emotion, so there should be no surprise that it goes hand in hand with wellness. In fact, your heart, hormones, fitness, youthfulness, immune system, pain levels and mood all benefit from being in love. Indeed, love is one of the most interesting, powerful experiences a person can undergo. Because there are chemical processes in the brain that affect how we feel, when a person is in love the body releases 'feel good' hormones, like oxytocin and dopamine, that send out a strong signal of an almost euphoric feeling - so no more feeling depressed, stressed or in a bad mood. And when lovers are together, the feeling is even stronger. Young love produces an even greater euphoric high, as the 'feel good' hormones are stronger during the very early stages of love. So, from a medical perspective, being in love is well worth it. Source: Jamaica Gleaner