

Dr. Anna Cabeca's Oxytocin Questionnaire

Oxytocin is your love and bonding hormone. How high is your level?

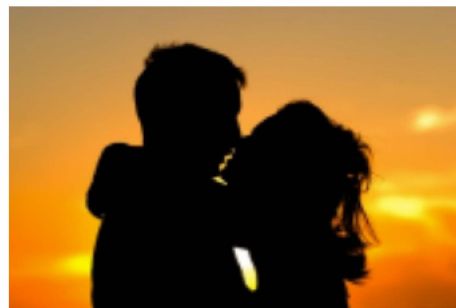
The following quiz is based on the Hertoghe Oxytocin Assessment.

Please fill out the questions below. Answer the best of your ability and tally your score to see how much oxytocin you have. *(This is a guideline only for general assessment; please do not take it as medical advice).*

Do you show/feel the following:	No Never (0)	Slight Rarely (+/-)	Moderate Regularly (+)	Plenty Often (++)	Max Always	SCORE
How often do you feel happiness?	1	2	3	4	5	
How often do you feel warm feelings for other people?	1	2	3	4	5	
How frequent are your social interactions?	1	2	3	4	5	
Do you easily touch other people?	1	2	3	4	5	
Do you easily fall in love?	1	2	3	4	5	
Do you feel fullness at your meals, satisfied with your meals?	1	2	3	4	5	
Describe the quantity of your Lubrication (Mucous Secretions) of Glans Pens (Men) or Vagina (Women) During Sexual Foreplay	1	2	3	4	5	
How frequently do you experience Men: Ejaculations Women: Orgasms	1	2	3	4	5	
How much do you rely on other's opinions?	1	2	3	5	7	
How much possessiveness do you feel for a loved one?	1	2	3	5	7	
How often do you experience jealousy?	1	2	3	5	7	
Do you have or experience fear when left alone?	1	2	3	5	7	
Do you have a pale face that never flushes?	5	4	3	2	1	
How frequently do you feel stressed?	5	4	3	2	1	
How frequently do you experience aggressiveness or irritability?	5	4	3	2	1	
How frequently do you experience muscle-tendon pains?	5	4	3	2	1	
How often do you feel socially isolated, alone?	5	4	3	2	1	
Do you give the impression that others easily bother you?	5	4	3	2	1	
How often do you feel detached, disconnected from other people?	5	4	3	2	1	
Do you experience the world as a cold, not funny place?	5	4	3	2	1	
TOTAL SCORE						

What does your Oxytocin level score mean?

This questionnaire gauges how much love and bonding hormone (oxytocin) you have in general. This is just an assessment. Do not take this as medical advice. Review our recommendations for ways to stimulate your oxytocin levels.



Score	Oxytocin Status	Therapy
0-25	Severely Low	You need to practice all of the oxytocin stimulating recommendations below regularly, on a daily basis! We need to boost your level of oxytocin right away. Your physician may want to consider intervention with oxytocin as this may benefit you, bring this questionnaire or the full PDF at CabeCaHealth.com in the Resources / Articles section. Oxytocin injections also may help in cases of fibromyalgia.
25-49	Very Low	Engage in the oxytocin increasing practices on a daily basis to naturally increase your oxytocin level, recognizing that this low level of oxytocin does not feel good. Intervention may be warranted, take this questionnaire to your physician, or consult with Dr. CabeCa at cabeCahealth.com .
50-65	Suboptimal Level	Increase your oxytocin increasing activities on a daily basis. We want your level to be optimal and a little more help is needed here. Oxytocin supplementation may be warranted, increase these activities.
66-81	Optimal Level	You are doing great! This is a great place to be and feel! Oxytocin may be beneficial to enhance sexual interactions, if needed, and supplementation could be fun but not necessary. Keep doing all the activities that increase your oxytocin, you are a warm and loving person.
82-97	High Level	You are doing excellent, a lot of love and bonding hormone circulating through your body. This is a great place to be and feel as long as there are no feelings of jealousy and dependence. You have a lot of love to give.
98-108	Excess (Rare)	This is very rare, certainly not something to strive for. If your levels are above 100, occasionally an oxytocin blocker, such as naloxone may be necessary. This is a state where dependence and jealousy are usually involved and can interfere with true connection and intimacy in your relationships.

Credit: This information is modified based on Dr. Thierry Hertoghe's book *Passion, Sex, and Long Life - the Incredible Oxytocin Adventure* and his questionnaire.

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Top 11 Ways to Stimulate Your Oxytocin Levels

- Orgasm
- Contraction/Labor/Breast Feeding (nipple suckling)
- Sexual Contact, Vaginal Distention
- Love (Romantic and/or maternal/paternal)
- Laughter
- Playfulness (Music, dance, movement, singing)
- Massage
- Hugging, caressing, physical contact
- Charity
- Partnership/Family/Community
- Food Intake- distention of the stomach stimulates the vagus nerve, so allow time between meals