

Hertoghe Oxytocin Assessment (Questionnaire #1)

Please fill out the questionnaire below.

Do you show/feel the following:	No Never (0)	Slight Rarely (+/-)	Moderate Regularly (+)	Plenty Often (++)	Maximum Always (+++)	SCORE
Happiness	1	2	3	4	5	
Warm Feelings for Other People	1	2	3	4	5	
Social Interactions	1	2	3	4	5	
Easily Touch Other People	1	2	3	4	5	
Fall in Love	1	2	3	4	5	
Food Satisfaction / Fullness at Meals	1	2	3	4	5	
Lubrication (Mucous Secretions) of Glans Pens (Men) or Vagina (Women) During Sexual Foreplay	1	2	3	4	5	
Men: Ejaculations Women: Orgasms	1	2	3	4	5	
Dependence On Others' Opinion	1	2	3	5	7	
Possessiveness of Loved One	1	2	3	5	7	
Jealousy	1	2	3	5	7	
Fear When Left Alone	1	2	3	5	7	
Pale Face That Never Flushes	5	4	3	2	1	
Stressed	5	4	3	2	1	
Aggressiveness, Irritability	5	4	3	2	1	
Muscle-Tendon Pains	5	4	3	2	1	
Social Isolation	5	4	3	2	1	
Give the Impression That Others Easily Bother You	5	4	3	2	1	
Detached From Others	5	4	3	2	1	
Experience the World as a Cold, Not Funny Place	5	4	3	2	1	
TOTAL SCORE						

This information comes from Dr. Thierry Hertoghe's book, *Passion, Sex, and Long Life - the Incredible Oxytocin Adventure*, ISBN 978-2-9599713-4-1, January 2010, Luxemburg, by International Medical Books/Archimedial, 4B Route d'Arlon, L-8399, Windhof, Luxemburg
The book is available for sale at Belmar Pharmacy for \$50.

Interpretation of the Oxytocin Assessment

Results used as a SCORE to screen for oxytocin insufficiency

Score	Oxytocin Status	Therapy
0-25	Severe Deficit	Urgent intervention: oxytocin tablets, or injections in case of fibromyalgia.
25-49	Deficit	Take daily oxytocin tablets.
50-65	Suboptimal Level	Possible aid through natural ways (touching, hugging, singing, meeting people, etc.) to increase oxytocin; oxytocin tablets are often necessary daily or on occasions.
66-81	Optimal Level	No treatment is necessary, except occasionally to enhance sexual interactions or to improve social relations.
82-97	High Level	High levels may not hurt if no excessive negative feelings such as dependence and jealousy are involved.
98-108	Excess (Rare)	Above 100: intervention with an oxytocin blocker, such as naloxone, may be necessary.

Hertoghe Oxytocin Physical Exam (Questionnaire #2)

Please fill out the questionnaire below.

Do you present the following:	Absent Never (0)	Few Rare (+/-)	Moderately Present Regularly (+)	Many Areas Often (++)	All Over Always (+++)	SCORE
Smile (a Real Joyful Smile)	1	2	3	4	5	
Flush in the Face	1	2	3	4	5	
Relaxed Body	1	2	3	4	5	
Body that Easily Expresses Emotion	1	2	3	5	7	
Pale Face	5	4	3	2	1	
Face: Tensed Muscles	5	4	3	2	1	
Tiny Wrinkles on Skin Surface (Lack Water)	5	4	3	2	1	
Tensed Muscles	5	4	3	2	1	
Painful Tendons (Points Where Muscles Attach to Bones) at Pressure	5	4	3	2	1	
TOTAL SCORE						

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Interpretation of the Oxytocin Physical Exam

Results used as a SCORE to screen for oxytocin insufficiency

Score	Oxytocin Status	Therapy
9-18	Severe Deficit	Urgent intervention: oxytocin tablets, or injections in case of fibromyalgia.
19-27	Deficit	Take daily oxytocin tablets.
28-31	Suboptimal Level	Possible aid through natural ways (touching, hugging, singing, meeting people, etc.) to increase oxytocin; oxytocin tablets are often necessary daily or on occasions.
32-41	Possibly Adequate Level	No treatment is necessary, except occasionally to enhance sexual interactions or to improve social relations.
42-44	High Level	High levels may not hurt if no annoying genital secretions are involved.
45-47	Excess (Rare)	Above 100: intervention with an oxytocin blocker, such as naloxone, may be necessary.