

Welcome Rivelle!

Post by “Elli” of April 3, 2019 at 7:45 AM

Wow, here I read a greek word that is used by medical science called as " anhedonia" and means without "hedone" i.e. "pleasure". So, is here an argument that inside our body do not exist those molecular genes which are able to produce "hedone" i.e. pleasure ? Where are those molecular genes ? Do they exist in the neurons that make also the synapses of the brain ? Do they have to do with the hormones that the brain drains into our body for its good function too ?

Our epicurean friend [Elayne](#) who is a doctor will be very helpful on this issue.

Concerning me , in the first case I blame as the main guilty all the religions, all the superstitions and all those taboos with sins that from our childhood, until the age of 5 years, and then inside school, IMO are making us such persons like robots, with such kind of tangling synapses in brain to not be operated properly, with a result to be damaged, and not producing many of these hormones such as :

The major hormones that create happy feelings are (many of the ones below also act as neurotransmitters):

- ACETYLCHOLINE: Alertness, memory, sexual performance, appetite control, release of growth hormone.
- DOPAMINE: Feelings of bliss and pleasure, euphoric, appetite control, controlled motor movements, feel focused.
- ENDORPHINS: Mood elevating, enhancing, euphoric. The more present, the happier you are! Natural pain killers.
- ENKEPHALINS: Restrict transmission of pain, reduce craving, reduce depression.
- GABA (Gamma Amino Butyric Acid): Found throughout central nervous system, anti-stress, anti-anxiety, anti-panic, anti-pain; Feel calm, maintain control, focus.
- MELATONIN: “Rest and recuperation” and “anti-aging” hormone. Regulates body clock.
- NOREPINEPHRINE: Excitatory, feel happy, alert, motivated. Anti-depressant, appetite control, energy, sexual arousal.
- OXYTOCIN: Stimulated by Dopamine. Promotes sexual arousal, feelings of emotional attachment, desire to cuddle.

- PHENYLETHYLAMINE (PEA): Feelings of bliss, involved in feelings of infatuation (high levels found in chocolate).
- SEROTONIN: Promotes and improves sleep, improves self esteem, relieves depression, diminishes craving, prevents agitated depression and worrying.

The study of Nature that is through the Epicurean Philosophy may help if the persons understand that there are molecular genes inside us that are allies for the purpose of our survival. If someone connects the survival with the driving force of Pleasure, that someone is the right way for doing the huge SWERVE - Parenglisi imo.