

# Pheromones & Women

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PHOTOS PROVIDED

## Q. Why do women need to use pheromones?

**A.** Research into the mechanisms of hormonal aging has suggested women who are not in the regular company of men age faster. Within the complex chemical interaction that creates interest between men and women, predominantly during the childbearing years, there is a subtle biological exchange that keeps women feeling younger and more vital. In today's society, there are, for a variety of reasons, women who do not have close contact with males. Additionally, many women in mid-life who are in long-term relationships experience a distancing from their mates. Women using an effective blend of pheromones during this time find they feel more attractive, have a greater sense of confidence and find symptoms of menopause are alleviated without the use of hormone replacement medications. Single women find a renewed interest in dating and married women report an increased intimacy with their spouses.

## Q. Where do pheromones come from?

**A.** The only pheromones shown to be effective in elevating a woman's mood are derived from components of human male sweat. Despite a flood of commercial products claiming to contain pheromones, most touting an increase in libido, it is impossible to generate a response from a human female using biological remnants from bugs, horses, plants or exotic animals!

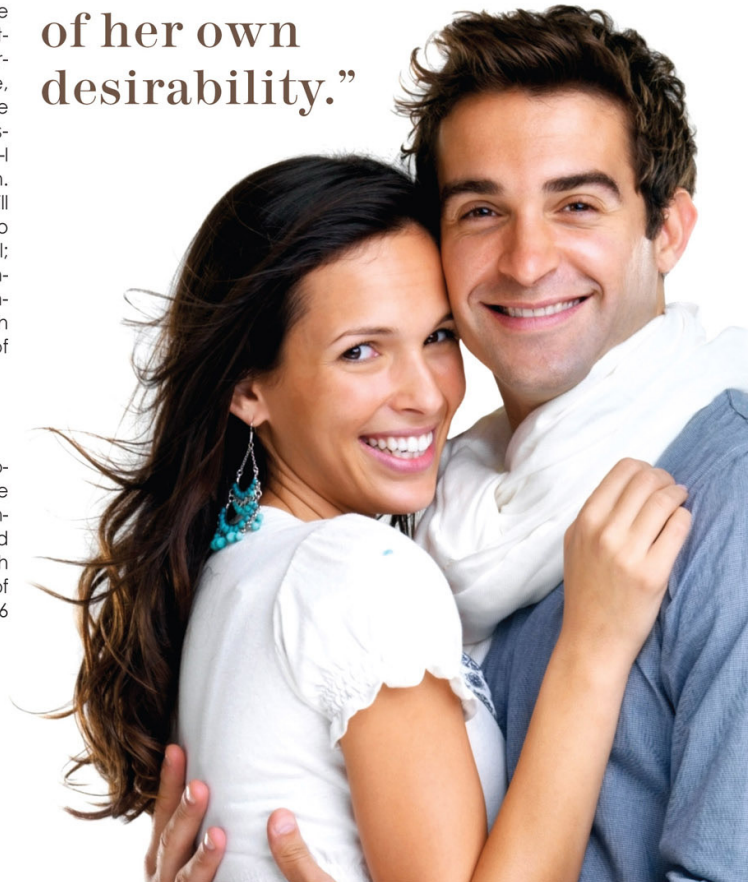
## Q. Are pheromones aphrodisiacs?

**A.** In the intricate social and biological dance of courtship, men are on their best behavior—court-teous, complimentary, helpful and attentive—just oozing charm and wanting women to like them—and thus ultimately rewarding them by bearing their children. Despite all the romantic novels, movies and marketing of love, this is the alpha and omega of men and women. When a woman uses an effective pheromone she senses a heightened awareness of her own desirability. She exudes confidence, and males who encounter her are attracted to her chemical message of "Come here if you like—I am receptive to your approach. I may not choose you, but I will be open to your attention." At no time does the woman lose control; in fact she may feel more in control; men will simply behave attentively, as they did in courtship, with respect and without ovations of sexual aggression.

## Q. How much should I pay?

**A.** The effectiveness of using pheromones depends on the quality of the raw materials, and they are expensive, as is the testing for safety and performance. The best products with proven results will be in the range of \$70 to \$100 for a supply that will last 6 to 8 weeks with daily use.

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**Q. What is the best way for women to use them?**

**A.** Because pheromones act safely on a center of the brain through a small gland in the nose, a pheromone blend is most effectively administered by applying a few drops under the nose, dabbing or rolling it over the space above the upper lip, and inhaling deeply for a few breaths. If the blend contains a fragrance such as the essential oil ylang ylang, there is an immediate aromatherapy effect of enhanced well-being, followed by a cascade of biological events from the pheromones, which alleviate anxiety and heighten the woman's awareness of being attractive and desirable.

**Q. Is it safe to use pheromones every day? Can I overdose on them?**

**A.** Healthy women using pheromones every day find an accumulation of positive responses with continued use. Studies showed consistent positive effects with twice-a-day application of pheromones, morning and mid-day. Many women found that an evening application enhanced their social lives when going out, and at home, reduced menopausal night sweats and allowed better sleep. It is impossible to overdose, but unnecessary to use pheromones excessively as the effect is quite sustained throughout the day.

**Q. What is the difference between the different brands you can buy?**

**A.** The only effective pheromone products for women to use must contain components from human male sweat. These are chemically engineered for safety and consistency and are usually dispersed in alcohol with a fragrance. Look for patented blends by reputable researchers.

**Q. What can I expect from using pheromones myself?**

**A.** Most women report an instant feeling of being "uplifted," with a reduction in fatigue and anxiety. As use continues, women have reported more attention from men, better interaction with co-workers and clients, relief from menopausal symptoms and an overall heightened sense of confidence and self-awareness. Professional women find their presentations are well received and salespersons have even experienced an increase in customer orders!

**Q. Are there any conditions when women shouldn't use them?**

**A.** As with all personal care products, it is never recommended anything be used during pregnancy. Additionally, women taking high dosages of blood pressure medicine may initially experience an increase in hot flashes, which will subside after a few days.

**Q. Does my age make a difference in how pheromones will affect me?**

**A.** Generally pheromones will act on the individual appropriate to their biological age and the factors that contribute to mood. Women of all ages benefit from the increased sense of well being and heightened confidence in social interaction. Close relationships are deepened and new associations are formed from a basis of strong self-esteem and a positive outlook—both good effects from a harmless and convenient way to feel better every day!



For more information on pheromones contact [patti@drpugliese.com](mailto:patti@drpugliese.com)