

Working out

Posted by [iwillnevergiveup](#) - 04 Jun 2019 18:22

I've heard there is a similar hormone released in the brain when working out, as from masturbation. Are there any negative effects from a lot of exercise, during the process of being clean?

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Re: Working out

Posted by [cordnoy](#) - 04 Jun 2019 19:33

[iwillnevergiveup](#) wrote on 04 Jun 2019 18:22:

I've heard there is a similar hormone released in the brain when working out, as from masturbation. Are there any negative effects from a lot of exercise, during the process of being clean?

Welcome.

I doubt there is any negative effect.

While I'm in the disagreein' mode, I've been meanin' to write somethin' for a while, but no time. I still don't, so it will be brief.

Ejaculation releases endorphins.

Exercise releases endorphins.

So what?

Sciencel has proven (perhaps) that when one lusts (orl is lookin' for a drink or his next fix), especially if he is addicted (however that is determined), and when one is accustomed to actin' on his desires, the brain actually changes in the nucleus accumbens and the prefrontal cortex (pleasure center). The brain is then rewired to seek out that pleasure. It gets triggered even subconsciously. It teaches the person to tolerate that drug and need more. Etc. That is why

relapse is so common, even after therapy and twelve step programs. And just because one reached climax (with the drug of his choice, the drink of his likin', the orgasm he prefers), and thus endorphins are released, he will seek it out again and again (if his brain has been rewired).

And here's my beef: il don't believe that there's one study (and again I can be wrong, like usual) that the brain can be tricked, and if one is seekin' Johnny Walker, let's release the endorphins for opioid and he will be fine. If one has a desperate want for sex, let him exercise and release those endorphins. Ok, they're released, but itl does nothin' for his neurotransmitter that is on the prowl for pornography orl the nearest stripper.

Again, if someone simply needs a distraction or perhaps he has a mild urge, exercise might be a good habit to undertake, and it's certainly a good routine regardless, but I think it's important to stress the distinction asl to where it might not help. There's nothin' wrong with goin' that route, but knowledge is power.

Godspeed!

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Re: Working out
Posted by iwillnevergiveup - 04 Jun 2019 20:23

Thank you for your response.

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