

# Family Chiropractic

Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage



## Why we cry - Part 1

According to many scientists, crying is an evolved behavior exclusive to humans, but no one truly knows exactly *why* we developed the capacity to cry.

### **Crying as a means of strengthening bonds**

According to evolutionary biologist and lead researcher Oren Hasson:

*“My analysis suggests that by blurring vision, tears lower defenses and reliably function as signals of submission, a cry for help, and even in a mutual display of attachment and as a group display of cohesion.”*

As such, tearing up or crying can be “used” to build and strengthen personal relationships, and if you cry when seeing someone else cry, it can signal your compassion or empathy.

You may also potentially attract sympathy and help from others, or mercy from an attacker – all of which could increase your chances of survival.

And, although crying in public is usually frowned upon, tears tend to make us believe that whatever the person crying is saying or doing is more authentic.

### **Crying is a form of communication**

Cellular physiologist Darlene Dartt’s research shows that your nervous system may be responsible for crying.

When nerves near your tear gland release certain neurotransmitters (chemical messengers) and hormones

(such as pituitary hormones), tears are triggered.

According to Dartt, crying began as an involuntary protective response mechanism, also referred to as “reflex tears.” Your cornea contains sensory nerves that operate just like the pain nerves in your skin. So when dust or debris gets in your eye, or when you’re slicing an onion, for example, the nerves in your eye send impulses to your brain stem, which releases hormones that instruct your tear glands to produce tears to wash away the irritant.

But there are also nerves in the cornea that reach further up in your brain, into an area of your cerebrum that processes emotions, and “emotional tears.”

When an emotion is registered in your cerebrum, such as ecstatic joy or sorrow, it sends a signal to your endocrine system to release hormones that generate tears.

Your cerebrum also controls speech, and just like speaking, crying is a powerful form of communication, and one of our main forms of human communication during the first several months of life.

The main difference is that whereas you can consciously decide what to say and how to say it (and it may be emotional in nature or not), crying is a form of communication that is entirely emotional – a more or less uncensored communication of how you really feel about something.

Source: [Mercola.com](http://Mercola.com)