

Family Chiropractic

Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage



Why we cry – Part 2

Why do women cry more than men?

On average, women cry about 64 times a year, compared to 17 crying episodes for men.

Some have speculated that the reason why women cry more than men has to do with the differences found in men's and women's brains, but no one has been able to prove this to be the case.

Researchers have found that as children, boys and girls cry equally often, but once they enter school, boys cry less and less. This suggests there's likely a societal root to these differences; parents and peers tend to come down heavier on boys who cry as they grow up.

This could be due to an evolutionary adaptation, according to Randy Cornelius, Ph.D., a psychology professor at Vassar College and one of only a few dozen researchers, world-wide, who study crying.

Crying signals that you're vulnerable and in need. Women tend to share their emotions (and tears) as a sign of trust, which increases bonding and chances of survival. From an evolutionary perspective, a male hunter and protector who cries would be sending the wrong signal and may *reduce* his chances of survival.

Another researcher in the field of crying, William Frey, Ph.D., biochemist and author of *Crying: The Mystery of Tears*, theorizes that women are more prone to tears due to hormonal variances between the sexes.

The hormone prolactin increases in women during puberty, menstruation, pregnancy, and breastfeeding. It also increases in both sexes during stress. Women average as much as 60 percent more prolactin than men. Frey believes this difference may lower a woman's emotional bar and make her more prone to cry.

Mid-life changes

Interestingly though, around mid-life, the tables start to turn; women begin to cry less and get more assertive and can display anger more. As men age, they get angry less, and cry more.

This phenomenon corresponds nicely with your hormonal levels; as women age their levels of female hormones decrease, leaving higher concentrations of testosterone (the male hormone). Likewise, men's testosterone levels decline as they age, which makes the impact of their female hormones more pronounced.

Whatever the reason for crying, there's no doubt it's a powerful form of communication that can make you feel better, help release stress, deepen social bonds, and may even have other biological functions we have not yet discovered that help maintain a healthy equilibrium.

Source: *Mercola.com*