

Please read the information in this leaflet carefully, even when you have used this remedy before. So you will become well informed about the properties and side effects of pornography (or in short, porn).

Information leaflet

PORNO CETAMOL

Preliminary

This box does not contain medicines or pills. It is just this information leaflet. This leaflet gives information about the functioning and the effects of watching pornography.

General information

Pornocetamol is another word for the use of porn. Porn are usually photos or videos of naked people, sex and sexual acts with the goal to provoke sexual arousal to the user. Watching porn works as pain control of spiritual and inner pain. Annoying and painful feelings are temporarily numbed. This is similar to the use of paracetamol, a widely used analgesic medication. Hence the name Pornocetamol. In addition, porn gives a good feeling temporarily.

Composition

Watching porn has an effect on the limbic system of your brain. Since substances are released that affect your mood. The most important of these are dopamine and endorphins. These are endogenous substances and are also called 'fun hormones'. This fun has to do with the effect they have on the feeling.

Endorphins

Works as pain relief (similar to morphine). Combats the effects of both physical and psychological stress.

Dopamine

Your endurance increases, you feel more energetic. Hunger feeling and fatigue disappear. Pain will be less noticeable (anesthesia). You will be excited and happy, you feel more energy and think you can make the whole world.

When to use

Porn is used by many people as they experience unsolvable problems with themselves or with their environment. In severe stress, emotional hypersensitivity or socialization problems, many people tend to find a loophole in porn and masturbation. Also, loneliness, insecurity, anxiety, perfectionism, boredom, conditions at home or all kinds of psychological problems can be a reason to use Pornocetamol.

Duration of the effect

The analgesia and temporary pleasant feeling are only noticeable when watching porn. Once the user is no longer watching porn, its 'pleasant' feeling disappeared and the problems, for which he ran away, are still present.

Overdose

Because of the additional stimulation of the endorphin- and dopamine system, the body becomes resistant (insensitive). The dopamine receptors need more dopamine in order to achieve the intended effects. This results afterwards in emotional and physical exhaustion. If the user is no longer watching porn, the normal state of mind can be described as negative, empty and somber.

Side effects

The effects of watching porn may be:

- Depression and dejection
- Self-disapproval and uncertainty
- Incorrect image of women and sexuality
- Blunting, emptiness and flattening
- Reduced sexual sensitivity
- Temporary impotence
- Relationship problems and divorce
- Fear of discovery and double life
- Shame and guilt feelings
- Conflict in your worldview
- Obsessively busy with sex
- Passivity and evasion of responsibility
- Powerlessness and the use of other drugs

Warning

This plea has an addictive effect after just a single use. Do not take it to you, because of adverse effects.

Instructions for use

The use is strongly dissuaded for people under 18 years, moreover for people over the age of 18. The use of porn is highly discouraged. Porn does not add anything to your life. You do not get better, nicer or smarter. Developing a normal hobby is recommended.

Stop with this medicine

You may always stop using the medicine immediately. Does this cause difficulties or do you fail to terminate the use independently? Seek for help in your environment. Porn has long served as a so called pain control and a way to deal with your problems. Stop watching porn can make these unpleasant feelings and problems perceptible and visible. Dare to face these feelings and problems and do not run away. Are you using this medicine for some time, without knowing the side effects of this product? You cannot stop using this medicine? Seek for help!

For more information, questions and/or consult, visit the website www.pornocetamol.nl

This leaflet was last revised in January 2014. Modifications reserved.

