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Beyond Being a 'Feel-Good' Hormone, What Is Serotonin?

Its many functions impact overall health and, by extension, sexual health.



The gut-derived serotonin, which experts refer to as periphery serotonin, flows in the blood. While further research is required to better understand the specific mechanisms at play, periphery serotonin is involved in various other functions.

“Recent scientific advances demonstrate that serotonin has a number of important roles to play in numerous parts of the human body outside the central nervous system, including in pulmonology physiology, gastrointestinal and endocrine function, and cardiovascular health,” said **Faisal Tai, M.D., a board-certified psychiatrist and CEO of PsychPlus**. “Serotonin also plays a role in inflammatory responses and liver regeneration.”