

There are ways to get past the cold shoulder.



Is he missing the cuddle gene? By Cristina Tudino

Touch is vital to any relationship. But some guys may have a genetic variation that could make them seem less affectionate, new research from Oregon State University in Corvallis suggests. To feel tight even if he's snuggle-challenged:

TRY PDA-LITE Link arms with him in public but lay off the smooches. Small points of contact are powerful bonders, too—and tend to be less freaky for a touchphobic dude.

BUST A MOVE Request some Rihanna and dance your butts off with each other at the bar this weekend. Simply moving in unison will make you feel more intimate and in sync.

SWEAT TOGETHER and fist-bump after killing a set of reps. NBA players who knock knuckles work better as a team, research shows, and so will you. LeBron would be proud.

Source: Emiliana Simon-Thomas, Ph.D., science director at the Greater Good Science Center at the University of California in Berkeley

The **adrenal glands** reduce production of the stress hormone cortisol.

Your **heart rate** slows and blood pressure drops.

Why you get an affection high
No, you're not needy—there are biological reasons those hugs and kisses feel oh-so-good.

You boost activation of **natural killer cells** that fight disease.

Oxytocin is produced in the brain's hypothalamus, flooding you with warm, fuzzy feelings.

The **brain** shows more relaxing theta wave activity.

Sources: Simon-Thomas; Tiffany Field, Ph.D., director of the Touch Research Institute at the University of Miami's Miller School of Medicine

Getting close to him will help you...

1 Forgive and forget. A hug can make you and your BF want to cooperate, not bicker. Researchers say that even the briefest touch can make you feel better, so next time things get tense, give him a loving squeeze.

2 Heal faster. People who felt supported by their spouse showed higher oxytocin levels and saw blisters heal faster than those who didn't, according to a study in the journal *Psychoneuroendocrinology*.

3 Put a grin on his face. Even if your guy seems to prefer being hands-off, he probably still benefits from affection. Dudes tend to rank it as more crucial to happiness than we do, research from the Kinsey Institute suggests.