

Managing Serotonin, Dopamine and Norepinephrine

Conditions like exposure to constant stress, unresolved grief, environmental chemicals and advanced aging can inhibit production of these essential hormones and neurotransmitters.

Low dopamine levels can cause depression, loss of motor control, loss of satisfaction, addictions, cravings, compulsions, low sex drive, poor attention and focus.

Neurotransmitters and hormones can be rebalanced with good quality sleep, sunlight, exercise (both strength and aerobic), a healthy diet and positive physical contact.

Increasing consumption of foods rich in tyrosine and phenylalanine help increase dopamine production. That includes:

- ☐ Lean proteins - chicken, beef, lamb, fish (like salmon and tuna), pork.
- ☐ Dairy - milk, vintage cheese, greek yogurt.
- ☐ Eggs - wWhole eggs or egg whites.
- ☐ Nuts - almonds, brazil nuts, cashews, hazelnuts, macadamias, peanuts, pecans, pine nuts, pistachios, walnuts.
- ☐ Seeds - hemp seeds, pumpkin seeds, sesame seeds, sunflower seeds.
- ☐ Fruits and vegetables - apples, avocados, bananas, beets, green leafy vegetables, tomatoes, watermelon.
- ☐ plus green tea, dark chocolate, oatmeal, turmeric, wheat germ, lima beans, peas.

Also add a multi-vitamin containing vitamins B, C and E as well as iron, folic acid and niacin.

Foods such as sugar, saturated fats, cholesterol, and refined foods interfere with proper brain function and can cause low dopamine. Consumption of saturated fats and cholesterol should also be reduced because they can clog the arteries to the brain, heart, and other organs.

Alcohol, caffeine, and sugar all decrease dopamine activity in the brain.

Aspartame (Diet Coke etc) also depletes dopamine production.