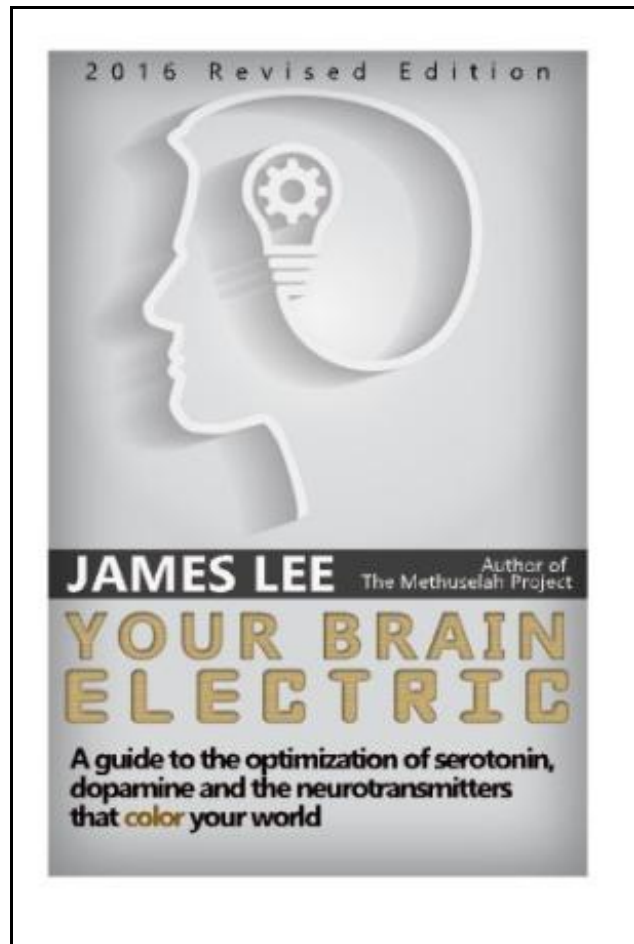


## Your Brain Electric: Everything You Need to Know about Optimising Neurotransmitters Including Serotonin, Dopamine and Noradrenaline



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*(Austin O'Connell)*

## YOUR BRAIN ELECTRIC: EVERYTHING YOU NEED TO KNOW ABOUT OPTIMISING NEUROTRANSMITTERS INCLUDING SEROTONIN, DOPAMINE AND NORADRENALINE



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In brain science, there are two phenomena which are becoming increasing common in modern society. Firstly, rates of depression and anxiety disorders are increasing, with as many as one in five people either clinically depressed or anxious at any given time. Secondly, our aging population is revealing a range of cognitive problems associated with aging, including memory loss and other cognitive impairments. Each of these has a common thread - They are underpinned by clear deficits in neurochemical function. You have probably heard that depression is caused by a serotonin imbalance (sometimes, but not always, this is the case), however did you also know - - Depression can be caused by low dopamine or noradrenaline (norepinephrine) - Problems with acetylcholine and glutamate can lead to cognitive, memory and attention-related issues - Deficits in your natural opioids (such as endorphins) not only leads to increased pain, but also poor tolerance to stressful life events or situations However the good news is that whether your problem is serotonin, dopamine, noradrenaline, glutamate, endorphins or any of the other major neurotransmitters and neuro-hormones, your situation is usually fixable with either medication, supplements, cognitive behavioral therapy or other lifestyle modifications. The key is to first know exactly how it feels to be deficient in a particular neurotransmitter. For example, did you know that - - Just the simple act of writing out a plan on how you will change your life for the better can boost serotonin and dopamine - Just hanging out with friends and loved ones boosts serotonin - Most people who are diagnosed with depression will receive a medication to boost serotonin, however for many people, serotonin...

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