

The Importance of Neurotransmitters

Have you ever woken up in the morning and just felt blah? Nothing seems exciting and your luster for life just isn't what you think it should be. You start the negative self-talk, beating yourself up for not being more appreciative of the good life you have. "Why can't I be happy? I have a good job, a nice home, and great friends and family - what's wrong with me?" You drag yourself out of bed for what feels like Groundhog Day because that's what good people do. What if there was a simple explanation and solution? The lack of appropriate neurotransmitters.

A neurotransmitter is a chemical messenger. Neurotransmitters control major body functions including movement, emotional response, and the physical ability to experience pleasure or pain.

The four major neurotransmitters for emotional health are GABA (maintains control and focus, anti-stress/anxiety), Serotonin (improves sleep, diminishes cravings), Norepinephrine (improves mood, anxiety, energy and concentration), and Dopamine (controls appetite, better motor movement, emotions, better focus).

So, how do you distinguish which neurotransmitter you're depleted in? Answer the simple questions below to find your neurotransmitter type.

The "G" Group (GABA) - Do three or more apply to you?

- Often feel anxious or panic for no apparent reason
- Sometimes feel a "free floating" anxiety
- Frequently feel edgy / Find it difficult to relax
- Often get "knots" in your stomach
- Falling asleep is difficult
- Can't turn the mind off when relaxing
- Often use alcohol or other sedatives to calm down

The "S" Group (Serotonin) - Do three or more apply to you?

- Find it hard to go to sleep
- Cannot stay asleep
- Often irritable
- Unexplained tears or unprovoked anger
- Prefer to be left alone
- Depressed much of the time

The "N" Group (Norepinephrine) - Do three or more apply to you?

- Lack of energy
- Find it difficult to "get going"
- Often start projects and don't finish them
- Depressed much of the time
- Occasionally feel paranoid
- Bored most of the time

The "D" Group (Dopamine) - Do three or more apply to you?

- Lack pleasure in life
- Unexplained lack of concern for others, even loved ones

- Decreased parental feelings
- Feel there are no real rewards in life
- Things that used to be fun are no longer enjoyable
- Less spiritual or socially concerned than used to be
- Life is less colorful or flavorful than it used to be

Please contact us with any questions or to learn how to support optimal neurotransmitter health for your particular group.

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