

better nutrition

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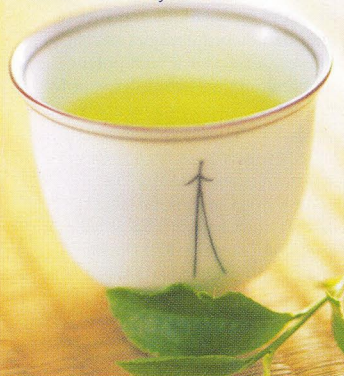
**food & mood
eat your way to
emotional bliss**

Listen Up: A QUICK GUIDE TO NEUROTRANSMITTERS

Neurotransmitters are the brain chemicals that regulate mood. Serotonin is probably the best-known, mainly because it is the target of many prescription drugs. Low serotonin levels are associated with depression, anxiety and sleep disorders. To make serotonin, your body converts L-tryptophan (found in chicken, beef, pork and fish) to serotonin. A natural way to get L-tryptophan is with supplements of 5-hydroxytryptophan (5-HTP). Take 50mg one to three times daily. Start with one to two times daily and increase as tolerated, even to 100mg doses. 5-HTP may cause nausea. Work with your doctor if you take Prozac or related medications.

Another calming neurotransmitter is GABA (gamma amino butyric acid), which helps the brain filter out "background noise." It improves mental focus while calming nerves. Boost GABA levels with pure GABA supplements (500mg) or L-theanine (200mg), found in green tea.

If you have difficulty revving up, try L-tyrosine. This neuronutrient is needed to make our stimulating neurotransmitters, dopamine, norepinephrine and epinephrine. L-tyrosine is beneficial if you have "down" days, are often tired, have poor concentration and have trouble getting excited by life's activities. Taking 500mg L-tyrosine plus a B-complex supplement can help. Take L-tyrosine on an empty stomach as it competes for absorption with other amino acids found in your food.



Plus

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