

# HOW TO PROTECT YOUR BRAIN FUNCTION FOR GOOD!

Chemical messengers called neurotransmitters pass nerve signals throughout the brain and to the rest of the body. Neurotransmitter deficiency or signalling pathway problems can affect everyday brain functions such as mood, concentration, motivation, vitality, appetite and sleep.

**Read on to find out if your brain function needs extra support.**

## KEY NEUROTRANSMITTERS

### DOPAMINE, ADRENALINE & NORADRENALINE (Catecholamines)

#### What do they do?

Energy, vitality, motivation, ready for action

#### How do I know if I'm deficient?

- Difficulty waking in the morning?
- Need caffeine / energy drinks to start the day?
- Struggle to begin tasks and feel tired before starting?
- Restless sleep?
- Little interest in hobbies and activities?
- Low motivation for love & sex?
- Not working on any new projects?
- Difficulty concentrating?
- Feel tired / sad?
- Lack of vitality & dynamism for some time?
- Feel less creative and imaginative than previously?
- Have difficulty finding words?

#### Which nutrients & botanicals support this pathway?

L-Tyrosine, Folate (5-MTHF), Rhodiola, Siberian ginseng

#### What time of day should I take them?

Morning

### SEROTONIN & MELATONIN (Indolamines)

Calmness, serenity, mood, sleep, appetite, relaxation

- Irritable, impulsive, quick to anger?
- Impatient?
- Feel both depressed and agitated?
- Sugar cravings towards the end of the day?
- Consume alcohol in the evenings to help relax?
- Struggle to stay calm & stand back?
- Trouble getting to sleep / wake at 3am?
- Thoughts often agitated, even at night?
- Highly sensitive to stress & noise?
- Mood changes quickly?
- Feel nervous, abdominal pain, digestive discomfort or muscle pain?
- Prone to migraines, sensitive to light?

L-Tryptophan, Magnesium, Folate (5-MTHF), Saffron

Afternoon / early evening