

Lynda Pasqua MA, CHWC

LifeStyleCare Coach

239-330-4414

www.lifestylecarecoach.com

info@lifestylecarecoach.com

Rebooting Your Brain Without Sugar, Drugs or Alcohol

As humans, we are very complex chemical manufacturing plants that convert our fuel (food) into chemicals, allowing our body to work as marvelously as it does in all realms: the physical, emotional and spiritual. To underestimate, or not to estimate at all, the role our biochemistry plays in this balancing act would be like putting a puzzle together with the major pieces missing. Our body chemicals communicate and direct our cells over our nervous system, our eons-old internal internet. The relationship between brain chemistry imbalance symptoms such as mood disorders, inattentiveness and addictive behaviors is both physiological and psychological.

Our emotional makeup, moods and personality, though influenced by our genes and our environment, are pretty much determined by the neurotransmitter production that goes on in our brain. These neurotransmitters are made from amino acid molecules found in our protein food sources, which many people either don't get enough of, or are unable to absorb and use. Vitamin and mineral and enzyme cofactors (helpers) are also needed to make these neurotransmitters. Our main neurotransmitters include: Serotonin-(Physical Relaxation), Dopamine-(Energizing) GABA-(Mental Relaxation), and Enkephalins/endorphins-(Physical and Emotional Pain Tolerance). Endocannabinoids, though not technically classed as neurotransmitters can be either relaxing or energizing. Their job is to moderate the flow of all the other neurotransmitters. They are found especially in the nervous system and in the immune system, but also in other parts of the body. When in the brain they are our natural marijuana or THC.

Since amino acids and vitamin/mineral cofactors are often missing from our diets, nutritional deficiencies often cause brain chemistry imbalances. In addition to nutritional deficiencies, there are other interruptions in our ability to produce, absorb and assimilate neurotransmitters including, common GI tract damage, heavy metal toxic overload, stress and genetic vulnerability.

Most people make their problem worse by using artificial ways to feel good, relax or get energy because they really don't know what else to do. When we want to feel better, we often reach for whatever is at hand to make that happen. This is a

normal reaction. Something though, that initially makes us feel better can make the problem worse.

What Happens When Neurotransmitter Production Fails?

Mood Swings

There are two main types of low moods defined by the deficient neurotransmitter. Low Moods with Anxiety usually signals serotonin deficiency. Low Moods with Low Energy usually signals dopamine deficiency. Some people experienced both types, which signal deficiencies in serotonin and dopamine.

Addictive Behaviors as We Reach for Artificial Replacements

As human beings, it is normal for us to want to feel better and to search out substitutes and experiences to make feeling better happen. Unfortunately there are both negative physical effects and consequences of taking an artificial, non-nutritious route. These artificial-non-nutritious substitutes may in fact be addictive substances that will add to toxic overload. (i.e. alcohol, street/OTC/prescription medications) In desperate times we often overlook negative effects to get the quick relief we need

Behaviors of Distractibility, Impulsivity and Motor Restlessness

These symptoms are in part the result of deficiencies in both dopamine, serotonin and GABA. Like other symptoms the underlying cause is related to nutritional deficiencies and their relationship to GI tract damage and heavy metal toxicity. These symptoms too, are caused by an "attack" on the frontal lobes, inhibiting this part of the brain's ability to coordinate all incoming sensory information and motor activity. Optimally balanced neurotransmitters bring stability to our frontal lobes, relieving the symptoms of ADHD.

Compulsive Eating and Obesity

Many of the artificial ways to compensate for neurotransmitter deficiencies also include common food categories: sugar, chocolate, fatty foods and bread/pasta. One underlying contributors to obesity and compulsive eating is imbalanced brain chemistry. When the choice is not drugs or alcohol many seek out foods to compensate for neurotransmitter deficiencies. Some people with dopamine deficiency and its symptom of fatigue will look to high sugar/carbohydrate foods to provide energy. The energy relationship between tyrosine/dopamine, and the thyroid, the

adrenals and other hormonal challenges also may be linked to this neurotransmitter deficiency.

Motivation and Drive

Symptoms of endocannabinoid deficiency include irritability, anger, depressed moods, restlessness, lack of appetite and lack of motivation. These are also some of the same symptoms experienced from serotonin and endorphin deficiency and from dopamine excess. When our neurotransmitter production is in balance our endocannabinoids also “act naturally”. Endocannabinoids affect the intensity of all neurotransmitters and in so doing can inhibit thought processes and emotional activity. This is why the use of marijuana leaves one “in the present, chilling out.” When in balance, endocannabinoids do this for us naturally.

The Steps To Take—Rebooting Your Brain Without Sugar, Drugs or Alcohol

- Step 1- Add nutrients with amino acids and cofactors
 Using whole clean foods and/or supplements**
- Step 2- Cleanse your GI Tract**
- Step 3- Get Tested for Toxic Metals**
- Step 4- Remove your Toxic Metals if any are present**
- Step 5- Modify your eating plan-Reduce or eliminate sugar and
 processed carbohydrates—Eat whole, unprocessed foods**
- Step 6- Maintain social interactions that contribute to well being**

What to do if Reboot Fails:

Repeat steps 1-6 until your brain chemistry is up and running optimally. This may take some time and require professional assistance. Remember, this problem did not happen overnight. *Keep cleansing, mending and re-nourishing!*

Closer Look At Step 1 *Add nutrients with amino acids and cofactors*

With laboratory testing and assistance from your physician, you will be able to determine with a great deal of accuracy which neurotransmitter(s) you are artificially stimulating with sugar, drugs or alcohol and which nutrient molecules are missing for you.

Closer Look At Step 2 *Cleanse your GI tract*

To be effective a cleanse should cover all the stages of GI tract healing: removing offending organisms; repairing the cells of the intestinal lining; re-inoculating with healthy flora/digestive enzymes; and restoring GI tract to non-toxic environment. For many people the presence of food allergies or food intolerances are a cause of GI Tract Damage. Laboratory testing is recommended to rule these out.

Closer Look at Step 3 *Get Tested for toxic metals*

Blood testing for metal toxicity is available along with hair sample testing. Hair shows the long-term accumulation of toxic elements in your system while a blood sample indicates circulating toxins.

Closer Look at Step 4 *Remove your toxic metals*

Our body has an innate ability to detoxify itself to keep us healthy. Our liver is our main “detoxification plant”. When we are overloaded we need to add our assistance with chelating (removing) agents. These agents are nutrients and herbs that specifically target the heavy metal molecules in our body and “latch onto them” for removal. There are also whole foods that act as chelating agents.

Closer Look at Step 5 *Modify your eating plan*

Let’s review nutrition basics. Proteins supply the amino acids, which are the building blocks of all cells and cellular activities necessary for life. They are found in meats, fish, poultry, eggs, dairy products, soy, grains and legumes. Fats provide the essential fatty acids, which our body cannot make without certain foods. They are found in oils, nuts and seeds. Complex carbohydrates supply vitamins, minerals and sugars, which are necessary for additional energy production along with fiber, critical to digestion and assimilation of nutrients. They are found in our fruits, vegetables, grains and legumes. Be sure you are eating these foods in their whole, natural forms, not processed or refined junk with little or no nutritional benefit, loaded with additives. (Refer to *Back to Eating Food...Real, Whole and Clean*)

Closer Look at Step 6-Maintain Social interactions contributing to well being

There are many healthcare professionals and organizations and support groups available to assist you personally with this step. Or contact Lynda for program and coaching details—239-330-4414.