



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

By James Lee

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 increasingly 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...



[READ ONLINE](#)
[4.64 MB]

Reviews

Extensive information! Its this type of excellent study. I have read and i am sure that i will gonna go through yet again once more down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- *Aliyah Mayer*

Merely no phrases to describe. It really is rally intriguing through reading time. I am happy to tell you that this is basically the greatest book i have go through in my own lifestyle and might be he greatest book for ever.

-- *Kattie Wunsch*