

FORMULA FOR MIRACLES VIP CLUB SPECIAL EVENT

Brain Optimization

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Day 5: Dopamine

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Over the next four days, we're going to explore the four different brain natures (that is, chemical pathways) in more detail. We'll cover the biological function of each chemical, as well as the symptoms of imbalance and the benefits of balancing and optimizing each pathway.

The first stop on our tour of brain chemistry is dopamine, which is associated with the frontal lobes of the brain and the high voltage beta brain waves. Voltage is the power that drives the brain, and having enough dopamine is necessary to give your mind and body an "edge". If you are lacking dopamine, everything will seem dull, lifeless, and uninteresting.

If you have a dominant dopamine nature, you are likely to feel powerful, reflexively fast, and quick witted when your dopamine pathway is balanced and healthy. You are likely to be proficient with facts and figures, and enjoy strategic thinking and problem solving. You likely have a high degree of self confidence, and are skilled at intellectual pursuits and activities. Competition brings out the best in you, and you tend to respond to stress by becoming focused and disciplined in pursuit of your goals.

Approximately 17% of the general population (including the author!) have a dominant dopamine nature. In terms of the Meyers-Briggs personality system, most NT types (that is, intuitive thinking types) have a dominant dopamine nature.

It's important to always remember that health and brain optimization is about finding the proper balance, and there are problems with having too much as well as too little dopamine. Hence, if you have too much dopamine, you may become angry, impulsive, and obsessive. You may become reckless and engage in "thrill-seeking" or (in more extreme cases) even criminal activities to create even greater rushes and thrills to make life interesting and keep your "edge".

There are many physical and emotional diseases and disorders associated with dopamine imbalance, including but not limited to addiction, obesity, fatigue, ADD/ADHD type problems, insomnia, poor abstract thinking, inability to handle stress and pressure, carelessness, and many others.

It is common that if you are dopamine deficient, you will crave simple carbohydrates (sugars) to help balance your brain and sharpen your thinking. However, while a sugar rush will temporarily make you feel balanced, the crash afterwards will throw your brain even further out of balance. In the long run, you need to find a better way to permanently and safely balance your dopamine levels.

It's also common that you may turn to stimulants such as caffeine to help you "power up" and get your mind focused. If you find it difficult to sit down and get to work, or if you are easily distracted, or if you tend to sleep longer than seems necessary but yet you still wake up not feeling refreshing or energized, it is likely that you have a dopamine deficiency.

As with any problem, there are many different remedies and treatments that you can use to help balance and optimize your dopamine levels. For extreme cases where dopamine are severely out of balance, you might consider working with a doctor and using the most powerful tools such as prescription medications and hormone therapies to help balance you before your condition worsens.

For less severe cases, you may be able to balance your brain, heal your mind and body, and feel better by using diet, nutrition, and energy healing. Two of the most important nutrients your body needs to produce healthy dopamine levels include phenylalanine and tyrosine.

Phenylalanine is an essential amino acid that your body can convert into tyrosine, which is then used to synthesize dopamine. If you are experiencing mild depression or fatigue, your body just might need some more phenylalanine to heal itself so you can feel better! **IMPORTANT NOTE:** if you have phenylketonuria, you should not take phenylalanine. Please consult a physician if you have any concerns or questions about whether phenylalanine is safe for you.

Natural food sources of phenylalanine include high protein foods such as meats, cottage cheese, whole milk, and yogurt. A typical adult ingests approximately 4g of phenylalanine through their diet, and may need 6g through supplementation to optimize brain function. You can also get phenylalanine supplements, which are sometimes called "DLPA" (short for DL-phenylalanine.)

NOTE: there are different forms of phenylalanine, called L, D, and DL (which has both), that refer to the underlying "handedness" or rotational orientation of the molecules. I'm not an expert on biochemistry, so I don't want to go into further detail about the differences here, but if you are concerned you might do your research and consult with an expert to find the best form of phenylalanine for you. (FYI, Dr Braverman's "Brain Energy" formula - which I use myself - contains DL-phenylalanine.)

Tyrosine is an amino acid which acts as a natural pain reliever and stress reducer. Foods that naturally contain high amounts of tyrosine include cottage cheese, duck, chicken, and wheat germ.

If you think you might have a dopamine imbalance, you may find it helpful to reduce or eliminate processed sweets and refined carbohydrates, as well as stimulants such as caffeine. As with many imbalances, your body will naturally seek a "quick fix" to balance your dopamine levels by craving sweets, starchy carbohydrates, and stimulants like coffee. However, while in the short term the drug effect you get from these fixes will temporarily make you feel better, they will always be followed by a crash and a deeper imbalance.

Dr Braverman created a supplement formula called "Brain Energy" specifically to address dopamine imbalances. The formula contains DL-phenylalanine, L-tyrosine, rhodiola, L-methionine, and octacosanol. Because dopamine is an excitatory brain chemical, if you use this formula for other dopamine supporting supplements, you might prefer to take them in the morning or the afternoon because they may cause an increase in energy and focus.

Following is a list of common blocks and downloads that are associated with dopamine deficiency, along with the recommended muscle test result, either T for "TRUE" or F for "FALSE":

I have Creator's perspective on having health, balanced dopamine T

My perspective is the same T

I know how to have a health, balanced dopamine level for me T

I know what it feels like to have a health, balanced dopamine level for me T

It's safe for me to have a healthy, balanced dopamine level T

I know how to focus T

I know what it feels like to focus T

It is safe for me to focus T

If I focus, something bad will happen F

I know how to have energy T

I know what it feels like to have energy T

It is safe for me to have energy T

If I have energy, something bad will happen F

I know how to be mentally sharp T

I know what it feels like to be mentally sharp T

It is safe for me to be mentally sharp T

If I am mentally sharp, something bad will happen F

More generally, to find the core issues at the bottom of your dopamine related problems, I'd encourage you to start with the symptoms that show up in your life, and then work backward via the subconscious "digging" process to identify and resolve the core blocks.

For example, if you are over-weight (commonly associated with dopamine imbalance), you might ask yourself, "What would change in my life if I was healthy and thin?" Then run muscle testing to identify what changes in your life might be unsafe or dangerous.

The benefits of achieving a healthy and balanced dopamine nature are tremendous: you will feel powerful, confident, creative, and unstoppable. Stress and pressure will simply help focus you more powerfully, and you will wake up every day completely confident that you can easily handle all the problems life throws at you. You will feel sharp and alert, and relish challenges and competitions as opportunities to show the world what you can do. I don't know about you, but I think the benefits of balancing your dopamine nature are well worth the effort!