

FORMULA FOR MIRACLES VIP CLUB SPECIAL EVENT

Brain Optimization

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Day 6: Acetylcholine

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Today our focus is on acetylcholine, which is produced in the parietal lobes and is associated with the creativity-inspiring alpha brain waves. Acetylcholine is associated with brain speed, and when brain speed decreases it causes a variety of mental and physical problems, including degenerative disorders that can be difficult to reverse if not caught early. Acetylcholine allows you to process sensory input and access stored information, so a deficiency in acetylcholine is often associated with memory problems and a slowed response to sensory input (that is, decreased brain speed.)

If your dominant nature is acetylcholine, it is likely that you are adept at working with your physical and intuitive senses, and are extremely creative, open minded, and receptive to new ideas and ways of being. You are probably a quick thinker who enjoys refining and perfecting things to make them the best they can possibly be. You are likely both innovative and intuitive, are talented at expressing your ideas through language and multi-media. The acetylcholine nature tends to make friends easily and be powerfully charismatic, even visionary, and you love to explore new places and learn new things.

As with all brain chemicals, healthy and optimized levels of acetylcholine are balanced, and too much acetylcholine can cause its own set of problems, including the inability to set boundaries and letting others take advantage of you by trying to do too much for them all the time; you may feel that the world is taking advantage of you, and you may feel the urge to retreat into isolation (even paranoia) to protect yourself.

About 17% of the general population has an acetylcholine nature. In terms of the Meyers-Briggs personality system, most NF types (that is, intuitive feeling types) have a dominant acetylcholine nature.

Your brain speed is intimately connected with your acetylcholine levels, and because your brain age is connected to your brain speed, conversely your brain speed is powerfully influenced by acetylcholine. If your brain is too slow, it can't react to and process one set of inputs before the next set is presented to it. As a result, some information is discarded before it can be properly processed, which often results in memory problems.

Slowing brain speed is associated with a variety of mental and physical disorders, including but not limited to anxiety, panic attacks, post traumatic stress, hypertension, ADD, fatigue, learning disorders, and in more severe cases multiple sclerosis, Parkinson's, and Alzheimer's.

If your dominant nature is acetylcholine, you will likely be very sensitive to an acetylcholine deficiency, and feel like you are "not yourself", especially when you can't remember things that should be easily recalled. You may get forgetful and absent minded, and in extreme cases could engage in risky behaviors (like walking under a ladder where men are working) because you are oblivious to your environment.

On the bright side, an acetylcholine nature is typically open minded, and the simple fact that you are reading this article means that you are open minded enough to be into alternative medicine, energy healing, and the Law of Attraction. Your open minded nature will be a powerful resource to help balance your brain, because you will likely be open to non-conventional approaches like energy healing and supplements to heal your body and mind.

If you are deficient in acetylcholine, it is likely that you will crave fat filled foods, for reasons we will discuss below. However, in the same way that a dopamine deficient person will crave carbs for a "quick fix", excessive intake of dietary fats may provide temporary relief, but over the long term will actually inhibit the absorption of the "good fats" that your body needs to maintain optimal acetylcholine levels.

One obvious supplement to consider is choline, which starts as a B vitamin and is then converted to acetylcholine in your body. Choline is a "good fat" which is important in regulating electrical impulses in your body. Quite simply, to maintain healthy brain speed, you need sufficient insulation of the electrical circuits in your brain and nervous system, which are made of "good fats" obtained from your diet.

Choline-rich foods include avocados, bacon, bologna, cucumbers, zucchini, cream, chicken, turkey, liver, nuts, fish, and some cheeses.

Another supplement to consider is phosphatidylserine, which is an amino acid that has been linked to improved acetylcholine production.

Antioxidants are also powerful supporters of brain speed and healthy acetylcholine levels by protecting the membranes of brain cells from oxidation. There are many antioxidants to choose from; some of the most effective and most popular include vitamin C, vitamin E, N-acetyl-cysteine (aka "NAC"), L-carnitine, and alpha-lipoic acid (aka "ALA").

Dr Braverman has created a formula called "Brain Memory", specifically designed to help balance your acetylcholine levels. It includes GPC Choline, acetyl L-carnitine, and huperzia serrata extract. Like the Brain Energy formula, it encourages the excitatory acetylcholine path and may give you more energy, so you might want to take it in the morning or afternoon.

In terms of energy healing, here is a short list of common blocks and downloads that you probably want to fix to help you balance your acetylcholine levels, along with the recommended muscle test result, either T for "TRUE" or F for "FALSE":

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

My perspective is the same T

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

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

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

I know how to remember clearly and quickly T

I know what it feels like to remember clearly and quickly T

It is safe for me to remember clearly and quickly T

If I remember clearly and quickly, something bad will happen F

I know how to be process sensory input quickly and easily T

I know what it feels like to process sensory input quickly and easily T

It is safe for me to process sensory input quickly and easily T

If I process sensory input quickly and easily , something bad will happen F

I know how to maintain healthy brain speed T

I know what it feels like to maintain healthy brain speed T

It is safe for me to maintain healthy brain speed T

If I maintain healthy brain speed, something bad will happen F

If you want to keep your brain sharp, young, healthy, and always learning even as your body grows older, keeping your acetylcholine balanced is a must!