

FORMULA FOR MIRACLES VIP CLUB SPECIAL EVENT

Brain Optimization

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Day 8: Serotonin

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Today is our last stop of our tour of human brain chemistry, and we're going to finish by focusing on serotonin, the other inhibitory brain pathway (along with GABA.) Serotonin is produced in the occipital lobes of the brain, and is connected to the extremely deep and slow delta waves that we achieve during the deepest periods of sleep and unconsciousness.

If you have a dominant serotonin nature, then you really know how to enjoy life! Serotonin natures are playful, spontaneous, and fun. You enjoy engaging in a variety of activities, and you are extremely present and spiritual in your approach to life, meaning that you do things for the enjoyment and experience of doing them, not just for the results they will give you. You probably thrive on variety and change, and love to "mix it up" - especially with repetitive or monotonous tasks - in order to keep things fresh and interesting. You are likely naturally talented at tasks and occupations that require a high degree of concentration, motor skill, and hand-eye coordination. You are a great asset in a crisis, because you can find the joy and the bright side of even the most difficult circumstances. You tend to enjoy exciting hobbies and activities, and especially prize your freedom – you don't like to be tied down!

On the other hand, it is possible to have too much serotonin and be out of balance. With too much serotonin, you may become overly sensitive to criticism, painfully shy, and constantly be seeking validation from others due to powerful feelings of inferiority or inadequacy (and consequently be terrified of rejection or being disliked.)

The serotonin nature is dominant in about 17% of the population. Identifying the dominant serotonin natures in your life isn't difficult: they're the people who you enjoy being around because they somehow manage to make everything fun! In terms of the Meyers-Briggs personality system, most SP types (that is, sensory perceptive types) have a dominant serotonin nature.

There are many syndromes, disorders, and diseases associated with serotonin deficiency. The most obvious are depression and other mood disorders. In general, serotonin is what clears your mind and allows you to start each day fresh; if your serotonin pathway is compromised you may experience mind fog, sadness, or confusion. Other conditions associated with serotonin imbalance include arthritis, back pain, hypersomnia (sleeping too much), dizziness, hallucinations, headaches, hypersensitivity, nausea, night sweats, weight gain, or excessive yawning.

A quick note on pharmacology: it's mainstream knowledge that many people with mood disorders (especially depression) get relief from prescription drugs known as SSRIs, which stands for "selective serotonin reuptake inhibitor." Essentially, these drugs increase the working levels of serotonin in your brain by inhibiting the mechanism by which serotonin is scavenged and removed from your body. Popular SSRIs include Prozac and Zoloft. If your condition is severe, dangerous, or requires urgent treatment, a medical doctor or psychiatrist may be able to use drugs and hormone therapies to help balance your brain before things get worse.

If you are naturally serotonin deficient, you may be drawn to use marijuana and/or alcohol, because both will temporarily increase serotonin levels and make you feel better. However, over the long terms these drugs damage the subtle mechanisms that keep your brain healthy, and so if you are serious about balancing and optimizing your serotonin, you should consider minimizing or eliminating these drugs until you are healthier. Similarly, you may crave salt, salty snacks, and simple sugars, but to achieve permanent and lasting brain health you may wish to avoid these "quick fixes".

A serotonin healthy diet includes lean meats high in tryptophan (like turkey) as well as healthful complex carbohydrates.

There are numerous nutritional supplements designed to enhance mood and balance serotonin levels, including but not limited to St John's wort, 5-HTP, melatonin, tyrosine, niacin, and tryptophan. (Tryptophan was banned by the FDA for many years due to an isolated incident of contamination, but was later made available again.) To help naturally balance serotonin levels, Dr Braverman has created a "Brain Mood" formula that contains thiamine, niacinimide, folic acid, vitamin b12, St John's wort, 5-HTP, and panthothenic acid.

Meditation, chanting, and spiritual yoga may also be helpful in helping you to achieve and maintain healthy serotonin. There are a myriad of different meditations, yogas, and chants out there; my personal favorite form of chanting is practiced in Nichiren Buddhism, where you repeatedly chant "Nam yoho rengo kyo", which is Japanese that roughly translates to "I surrender my life to divine law." (If you are curious to learn more and maybe try it for yourself, you can go to their organization, which is called the Soka Gakkai International or SGI, at www.sgi.org.)

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 serotonin 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 serotonin T

My perspective is the same T

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

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

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

I know how to be playful T

I know what it feels like to be playful T

It is safe for me to be playful T

If I am playful, something bad will happen F

I know how to have joy in my day to day life T

I know what it feels like to to have joy in my day to day life T

It is safe for me to to have joy in my day to day life T

If I have joy in my day to day life, something bad will happen F

I know how to see the bright side, no matter what T

I know what it feels like to see the bright side, no matter what T

It is safe for me to see the bright side, no matter what T

We have now completed our tour of the most important brain chemicals, and how to balance them and optimize both your brain and your life. Congratulations – you have taken the first, most important step into the wonderful and exciting world of brain optimization!

If you are serious about the study of brain optimization, I would encourage you to consider taking Gian Girardi's course in Brain Optimization and Nutrition. I learned a lot of what I know about brain optimization in this class, and it's a great choice whether your goal is simply to help yourself

and your family, or to become a brain optimization professional and help others. If you are interested, please use the following link:

LINK HERE

(Gian is a great guy who really knows his material, and he'll usually give you the first podcast of the series for free to listen to and check out to see if you like it before committing to the class.)

Dr Braverman also offers an intensive consultation, where you go to New York for a few days and go through a rigorous process of medical testing and evaluation with him and his staff to identify the medications, supplements, and other lifestyle changes you need to balance and optimize your brain. If you are not interested in learning how to do it, and just want someone to tell you what to do to optimize your brain, this is a good choice, but it's rather expensive; when I contacted them in 2012 about this, I was quoted a price of approximately \$19,000 for two days of testing and consultation. (This price might be higher or lower depending on your medical insurance and other factors.) If you've got that kind of money burning a hole in your pocket, go for it! If not, you might consider working first with a healer such as myself to clear your subconscious issues first, and follow that up with some session (and maybe the Brain Optimization class) with a nutritional specialist such as Gian.

Good luck, and happy brain optimizing! :-)