

## NEUROTRANSMITTERS AND DIET

The brain is a chemical factory that makes chemical messengers called neurotransmitters. Neurotransmitters relay messages from one neuron to another 24 hours a day. This Guide offers a so-called “neurotransmitter diet” that is simple, science-based and easy to use. It does not rely on rigid compliance of daily intake or any complicated dietary theory. It simply provides the knowledge and means to get the brain chemicals you need. We’re not saying a good diet is not important; however, this guide has a specific focus and the rest of what you eat is up to you.

Our neurotransmitters are either excitatory, causing a neuron to send a signal, or inhibitory, preventing a signal from being sent. The excitatory system sends signals to speed things up, get things going. The inhibitory system helps to slow things down or stops signals from continuing. The craving and excessive use of alcohol is proven to be directly linked to a chemical imbalance that can be restored to normal with understanding of the positive effects of certain foods.

Your body uses the nutrients in the foods you eat, primarily amino acids, to manufacture neurotransmitters. Foods rich in compounds that nourish neurons, boost neurotransmitter production, reduce inflammation, and protect against neural degeneration.

READILY AVAILABLE FOODS THAT YOU ALREADY KNOW ARE EASY TO ADD TO YOUR DIET:

FRUITS	MEATS & SEAFOOD	VEGETABLES	SEEDS/BEANS/NUTS	OTHER
1 glass of Orange Juice	Pork	Spinach	Walnuts (Small Handful Daily)	Chamomile Tea
Bananas	Eggs (Whole)	Broccoli	Sesame Seeds	Tea
Berries	Shellfish	Cauliflower	Beans	Green Tea
Citrus Fruits	Scallop	Mushroom	Almonds	Lemon Balm Tea
Apple	Mussels	Tomato	Lentils	Cocoa
Pear	Clam	Carrots	Black Beans	Olives
Cantaloupe	Dungeness Crab	Beets	Sunflower Seeds	Cheese
Mango	Fish	Peppers	<b>OTHER IMPORTANT FOODS</b>	<b>OTHER IMPORTANT FOODS</b>
	Mackerel	Pea		Hemp
	Alaskan Salmon	Corn	Flax Seeds	Wheat Germ
	Capelin	Asparagus	Chia Seeds	Tofu
	Lamb	Onion	Soy Beans (esp: fermented)	Buckwheat: Throw in Stews or Soups
	Red Meat	Celery		Fortified Cereals
	Poultry (Esp. Dark Meat)	Green Leafy Veggies		Whole Wheat Products
	<b>OTHER IMPORTANT FOODS</b>			Brewers Yeast: Sprinkle Onto Food
	Organ Meats			
	Chicken Liver			
	Beef Liver			
	Bone Broth			