

SEROTONIN DEFICIENCY SYNDROME:

Serotonin is your “feel good factor”, a brain chemical that regulates mood. The more serotonin your brain makes, the happier you feel.

Symptoms that indicate serotonin deficiency:

- Migraine
- Depression
- Obesity
- Tiredness

What is the cause?

- Lack of exercise
- Poor diet
- Caffeine consumption
- Alcohol consumption
- Stress

You can boost your serotonin levels by eating enough tryptophane, an amino acid that is converted to serotonin in the body.

Food sources of tryptophane include banana, turkey, chicken, fish, eggs, nuts, milk, avocados, cheese, and pulses.

...and eating your carbohydrates as stipulated (small amounts at regular intervals) with your protein and fat helps to maintain serotonin release.

...so forget about a high-protein Atkins diet!

Exercise boosts serotonin release...

SO, IT COMES DOWN TO:

JUST FOLLOW YOUR Healthy Ways EATING PLANS!