



A guide *to* happy hormones

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HAPPINESS CHEMICALS



WHAT ARE NEUROTRANSMITTERS?

Neurotransmitters are brain chemicals that communicate with the rest of our body, controlling how we feel and what we do. Your neurotransmitters are what cause you to feel happy, sad or tired.

They also send messages to your automatic nervous system, reminding you to breathe, encourage digestion and instruct your heart to beat.

WHAT IS NEUROTRANSMITTER IMBALANCE AND THE CAUSES?

Neurotransmitter imbalance simply refers to too little of a neurotransmitter, such as serotonin, being produced or the formation is inhibited. In some cases, the receptors for the neurotransmitters to bind with aren't available or functioning well.

When in balance, you will feel motivated, confident and happy. When your neurotransmitters are out of balance and deficient, feelings of anxiety, depression, low motivation or libido and cravings can occur.

Lifestyle and dietary factors play a big role in neurotransmitter imbalances and suboptimal levels. These can include:

- Poor diet
- Chronic stress
- Alcohol and nicotine
- Caffeine
- Prescription and recreational drugs
- Environmental toxins

Underlying health issues can also cause disruption such as chronic inflammation, thyroid disease, hormone imbalances and blood sugar disorders.

SUMMARY

Your sense of happiness is a chemical experience for the body.

Four main neurotransmitters play a role in our moods, sensations and emotions. This includes dopamine, serotonin, oxytocin and endorphins.

Supporting your neurotransmitters can help to regulate your mood and emotions so you feel more motivated and can embrace life.

We share some simple lifestyle and dietary changes that can help with neurotransmitter balance and production.

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DOPAMINE - "THE FEEL-GOOD CHEMICAL"

Dopamine is a neurotransmitter that drives your brain's reward centre. If you're given a compliment or praised for the good job you're doing, you'll get a hit of dopamine. This results in feelings of well-being and influences your motivation.



How to support dopamine:

- Complete a task or goal
- Celebrate the little wins
- Do a self-care activity
- Listen to music
- Eating food

Nutrients and herbs that support dopamine:

- Tyrosine-rich foods- soy products, chicken, turkey, fish, dairy, nuts, avocados, bananas
- Vitamin B6
- Magnesium

SEROTONIN - "THE MOOD STABILISER"

Serotonin is a neurotransmitter that regulates sleep, mood and appetite and helps to inhibit pain. Low serotonin levels have been linked to mental health issues including depression. As serotonin is made in the gut, ensuring you have a healthy microbiome is important.



How to support serotonin:

- Run, swim or cycle
- Meditate
- Go for a walk in nature
- Get outside in the sun
- Practice grounding
- Support good gut health

Nutrients and herbs that support serotonin:

- Tryptophan-rich foods: meat, fish, poultry, oats, cheese, nuts and seeds
- Prebiotics and probiotics
- St John's wart

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OXYTOCIN - "THE LOVE HORMONE"

Oxytocin is a neurotransmitter and hormone that is linked to maternal behaviour, lactation, social connection and sexual pleasure. For women, in particular, oxytocin plays a large role in physiology and happiness.



How to support oxytocin:

- Holding hands with someone
- Hugging someone you love
- Playing with your pet
- Playing with a baby or child
- Giving a compliment
- Get a massage

Nutrients and herbs that support oxytocin:

- Vitamin C
- Vitamin D
- Magnesium
- Herbs such as sage and fenugreek

ENDORPHINS - "THE PAIN RELIEVER"

Endorphins trigger positive feelings and are associated with pain relief. They're released into the bloodstream when you do something you enjoy such as exercise, laughter, listening to music or having sex.

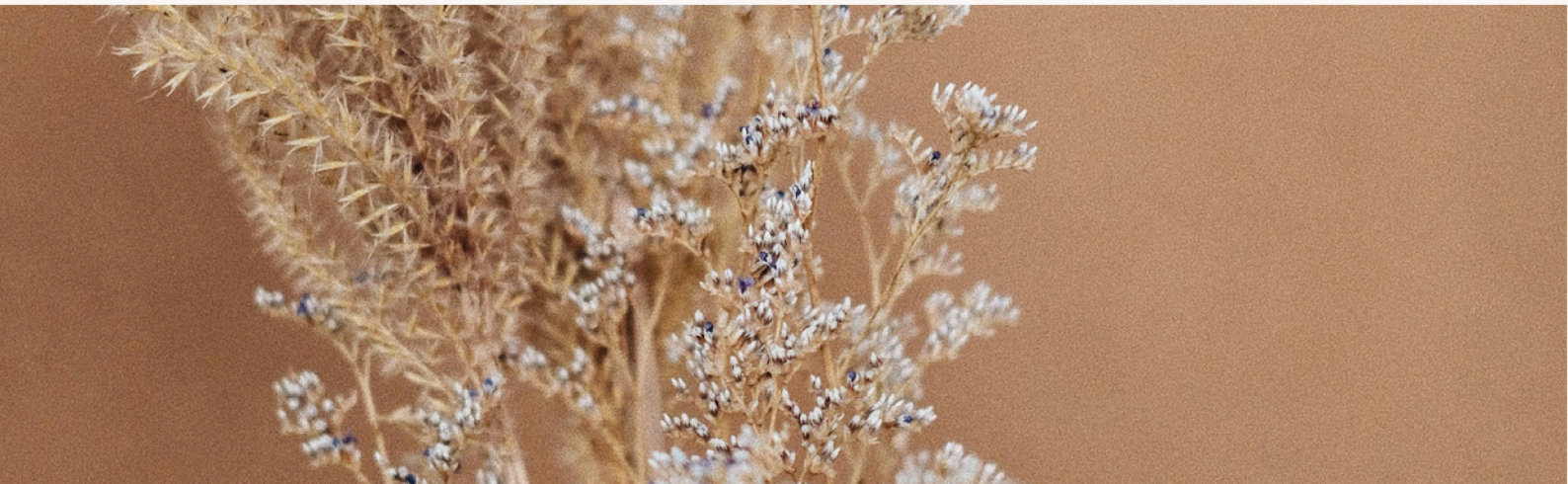


How to support endorphins:

- Exercising
- Go dancing
- Laugh
- Use essential oils
- Enjoy dark chocolate

Nutrients and herbs that support endorphins:

- B vitamins
- Vitamin C
- Zinc
- Foods such as cacao and chilli
- Herbs such as rhodiola and ginseng



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