

## **Amp Up Your Mood**

*By Gayle North*

*"Dopamine gives us clarity, energy, and motivation. Serotonin gives us comfort, contentment, and optimism. And endorphins increase our sense of well-being to help us to cope effectively with stress."*

- Dr. John Gray, from his latest book,  
"The Mars and Venus Diet and Exercise Solution"

Does this statement make you want more dopamine, serotonin, and endorphins?

This past week, I participated in the juice fasting program at the Wellness Center in Whitefish Montana. Although I have juice fasted many times in the past, it was a phenomenal experience to be guided by Janette Chaney, a knowledgeable health educator who was diagnosed with cancer five years ago and has made it her mission to share what she has learned about healing and health with others. She is an example of balance and radiant health. You may contact the Wellness Center for program information at (406) 862-6209.

During the fast I have been reading Dr. John Gray's new book in which he shares his research on the topic of mood elevating hormones like serotonin, dopamine, testosterone, oxytocin and endorphins. He offers ways to balance these hormones in the body by cleansing, smart-nutrition, and emotional healing. His book has helped me to understand the deeper experience of peace and joy I have felt since the juice fast.

In Dr. Gray's book he suggests that relationships with our selves and others are negatively affected when dopamine, serotonin, and endorphins are out of balance. If you read the book you will find out why, with low dopamine levels, a man is much more eager to please, but only in the beginning of a relationship. You will find out how to keep his dopamine levels high so that he stays interested in pleasing.

You will find out why almost all women who are not medicated feel overwhelmed, with too much to do and not enough time – and how to change it into a feeling of well being – without all the negative side effects of medication. You will find out why, when women have adequate levels of serotonin, their need to discuss issues goes down dramatically and they are more content. You will read about the real causes of overweight problems and how research reveals that all obese women are serotonin-deficient. You will find out why doing emotional therapy and healing creates healthy levels of feel-good-hormones.

For years I have theorized that holiday eating patterns of over-indulging in sugar and carbs sometimes leads to the cycle of family discord and even violence that seems to be a plague during the holidays. Dr. Gray's research confirms my theory.

Since we are going into the Holiday Season which offers so many opportunities to over-indulge and over-load with sweets and all manner of temptations that can kick our "feel-good-hormones" out of balance, and destroy our feelings of well being, I am sharing some of Dr. Grays tips with you.

Junk food cravings are just another form of addiction. We expect chocolate, sugar, pastries, or fat laden foods to give us quick energy and comfort - but, as you know, the positive effect – if any – is only temporary. When our body chemistry is off, one serving is never enough. Then when the

production of feel-good-hormones drops after eating nutrition-deficient foods, we crave more junk food.

Dr. Gray says that by nourishing the body in the morning with his "Serotonin Shake," you will begin to notice an increase in good feelings and less cravings for unhealthy foods because it encourages the good-mood-hormones. It seems to work for me. I encourage you to buy the book for more detailed instructions but here is the recipe in general.

Water/Ice 6 – 8 ounces  
Flax Seed Oil or Ground Flax Seed  
For Men – a little over half a tablespoon – or 8 grams  
For Women – one tablespoon or 13 grams  
Molasses or ionic minerals  
Berries – for phyto nutrients  
Whole peeled apple  
Whey protein powder

Men – 13 to 30 grams of protein depending on muscle structure and weight  
Women – 10 to 20 grams (too much protein for women may inhibit the production of serotonin)

Blend all together and drink along with high quality digestive full spectrum plant source enzymes and a high quality multivitamin, and extra vitamin C. Drink the blended shake cold by using frozen berries or ice to help to activate the metabolism for weight loss. The cold temperature makes the body heat up therefore stimulating metabolism.

After drinking your "Serotonin Shake" drink another glass of water to help your body assimilate the nutrients. Try it out and customize it to your taste to enjoy long lasting mood elevating effects.

Dr. Gray's new book holds many keys for human happiness. Read the book to get the insight that will help you understand your moods and then gain more control by giving yourself the support you need. Know that your moods are not your partners fault and that there are things you can do to make yourself happy – naturally – without medication.

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Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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