Balancing neurotransmitters in neurological illness

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THE STRUCTURES OF NEUROTRANSMITTERS

**ADRENALINE**
Fight or flight neurotransmitter
- Produced in stressful or exciting situations.
- Increases heart rate & blood flow, leading to a physical boost & heightened awareness.

**NORADRENERGIC**
Concentration neurotransmitter
- Affects attention & responding actions in the brain, & involved in fight or flight response.
- Contracts blood vessels, increasing blood flow.

**DOPAMINE**
Pleasure neurotransmitter
- Feelings of pleasure, and also addiction, movement, and motivation.
- People repeat behaviours that lead to dopamine release.

**SEROTONIN**
Mood neurotransmitter
- Contributes to well-being & happiness; helps sleep cycle & digestive system regulation.
- Affected by exercise & light exposure.

**GABA**
Calming neurotransmitter
- Calms firing nerves in CNS. High levels improve focus; low levels cause anxiety. Also contributes to motor control & vision.

**ACETYLCHOLINE**
Learning neurotransmitter
- Involved in thought, learning, & memory. Activates muscle action in the body. Also associated with attention and awakening.

**GLUTAMATE**
Memory neurotransmitter
- Most common brain neurotransmitter. Involved in learning & memory, regulates development & creation of nerve contacts.

**ENDORPHINS**
Euphoria neurotransmitters
- Released during exercise, excitement, & sex, producing well-being & euphoria, reducing pain. Biologically active section shown.

STRUCUTRE KEY:
- **Carbon atom**
- **Hydrogen atom**
- **Oxygen atom**
- **Nitrogen atom**
- **Rest of molecule**
“Dunderhonung” (=thunder-honey) works for me, if I can find the right doses, combinations and timings
I had to re-calibrate my “mat-och-sov-klocka” (=food-and-sleep-clock)
My brain fog lifted and I started living more in the now