

GETTING TO HAPPINESS

SYMPTOMS OF BALANCE

- Contentment
- Optimism
- Positive Expectation
- Passion
- Freedom
- Joy and Empowerment

SYMPTOMS OF IMBALANCE

- Boredom
- Overwhelmed
- Worry
- Anger
- Jealousy
- Hatred or rage
- Insecurity, guilt, unworthiness
- Fear or Depression

If you experience the above symptoms for prolonged periods, contact your doctor, and learn more about the imbalance. Begin treating yourself to balanced health. Know that healing is joint effort between you and your doctor, because no one knows your body better than you. It speaks to you through feelings.

Feelings are guidance

To understand where we are on the mental and emotional spectrum of balance, we can look to our feelings. Feelings are our internal guidance system. They let us know when we are off balance, and on track. If you are feeling any of the symptoms of imbalance listed on the left, you likely have an imbalance of neurotransmitters in your body. There's a simple test to find out, so talk to your doctor about your neurotransmitter levels on your next visit.

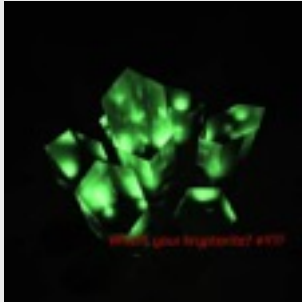
NEUROTRANSMITTERS

<p>ADRENALINE fight or flight</p> <p>produced in stressful situations. Increases heart rate and blood flow, leading to physical boost and heightened awareness.</p>	<p>GABA calming</p> <p>Calms firing nerves in the central nervous system. High levels improve focus, low levels cause anxiety. Also contributes to motor control and vision.</p>
<p>NORADRENALINE concentration</p> <p>affects attention and responding actions in the brain. Contracts blood vessels, increasing blood flow.</p>	<p>ACETYLCHOLINE learning</p> <p>Involved in thought, learning and memory. Activates muscle action in the body. Also associated with attention and awakening.</p>
<p>DOPAMINE pleasure</p> <p>feelings of pleasure, also addiction, movement and motivation. People repeat behaviors that lead to dopamine release.</p>	<p>GLUTAMATE memory</p> <p>Most common neurotransmitter. Involved in learning and memory, regulates development and creation of nerve contacts.</p>
<p>SEROTONIN mood</p> <p>contributes to well-being and happiness. Helps sleep cycle and digestive system regulation. Affected by exercise and light exposure.</p>	<p>ENDORPHINS euphoria</p> <p>Released during exercise, excitement and sex, producing well-being and euphoria, reducing pain</p>

If feelings are our guidance, then what happens when young men are taught to shut their feelings down, because expressing emotion is a sign of weakness? A natural guidance system is turned off, and it becomes easy to get lost. Mental health involves understanding how our personal GPS works, and using it to find balance. Therein lies truth strength. Our society neither focuses on well being, nor curing imbalance. Rather it highlights distress (look at the "news"), and offers temporary band aids to cover the symptoms for all forms of imbalance. It takes personal focus to maintain a bright out look despite what may show up in our world. The key to maintaining this bright perspective is holding the expectation of well being. It's looking around the proverbial bend expecting a higher and higher point on the emotional guidance scale. We can't jump from depression to

WHAT IS YOUR KRYPTONITE?

Do you know what your triggers are? This is your personal kryptonite. These are the persons, places or things that drain your energy. It may be a person whom you always feel



sick or weak after spending time with, a place that makes you feel sad, or an object that enrages you for some buried reason. Learning to avoid triggers, until they no longer hold power, helps us stay emotionally strong.

Knowing yourself is key to personal balance and well being. Take the time to acknowledge and manage your own triggers. It starts with self love and being willing to change deep seated beliefs.

Glutathione - An Antidote to Kryptonite

Before we end up out there on the raw edge of emotional distress, it's a blessing to be aware of balancing supplements that support getting back to our center and balance. Glutathione, the master antioxidant, enhances neurotransmitter balance. It the first product in our Think & Be Well line for well being.

passion. We can journey there through discouragement, pessimism, contentment and optimism.



Emotional Triggers Fire Shots to the Brain and Heart

Triggers are people, places and things that get us "fired up" or generate the experience of imbalance in one's life. While it's important to understand, and avoid or mitigate a trigger, it's even more beneficial to understand the belief behind it. It's the belief that generates the fear that a traumatic past occurrence will reoccur that throws us off balance.



Know Your Triggers

The next time you feel triggered, ask yourself if this reaction is still appropriate. For example, is the hurt experienced by a child still perceived as a threat to the adolescent or adult? You will know the answer once you identify the belief behind the trigger.