

Good food is *good mood.*

Neurotransmitters are the hormones in your body that talk to the brain. These greatly affect mood. Adequate protein intake and several vitamins facilitate the production of neurotransmitters. The mainstay in the pharmacologic treatment of depression and anxiety is drugs that inhibit the reuptake of these neurotransmitters. This keeps them around the brain longer. If you are not making the neurotransmitters in the first place, these drugs can be less effective. Supporting your nutrition with an emphasis on protein and B vitamins can help your medications work more effectively. Supplying certain amino acids (building blocks of proteins) like glycine, which binds to inhibitory receptors in the brain, can help anxiety. Magnesium also promotes relaxation and reduces anxiety.

pscfunctionalmedicine.com

PINEHURST SURGICAL CLINIC
FUNCTIONAL & PERFORMANCE MEDICINE



FOUNDATION • INTENTION • THRIVE