

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

What Makes You Feel Good/What Makes You Feel Bad

By Susan Dunn

What Makes You Feel Good/What Makes You Feel Bad by Susan Dunn, MA Clinical

Psychology, The EQ Coach

Emotional Intelligence is all about self-awareness, understanding how emotions work within you and others. Our feelings are regulated by neurotransmitters such as serotonin, norepinephrine, and dopamine. Here are some things to know about serotonin, called the "feel good" neurotransmitter.

Research indicates that low levels of serotonin in the brain can lead to the underlying inability to handle powerful feelings which can result in impulsive acts, aggressive behaviors, poor judgment, and self-destructive tendencies. According to the Society for Neuroscience, in experiments, monkeys with less serotonin are the ones who take daring jumps from the trees and injure themselves. Rats low in serotonin do risky things in experiments, and also accept small immediate rewards instead of waiting for a bigger prize.

Restoring levels of serotonin in the body relieves symptoms of depression and anxiety. According to Carolyn Meltzer, MD, serotonin receptors decrease significantly with age, up to 55%, so as you age, keep this in mind.

How do we get more serotonin or use what we have better? According to Dr. Allan Lieberman, MC, FAAEM, vitamin B6 and magnesium can elevate it. Some natural sources are bananas, pumpkin seeds, peanuts, tomatoes, plums, avocados, pineapple, eggplant and walnuts.

Antidepressants work with the serotonin you produce; they don't make more of it. Your body produces serotonin through L-tryptophan. L-tryptophan is present in pork, duck and turkey. According to Harvard psychiatrist Joseph Glenmullen, author of "Prozac Backlash," (<http://www.amazon.com/exec/obidos/ASIN/0743200624/susandunnmome-20>) it can also be enhanced by talk therapy and by aerobic exercise such as jogging or dance.

What Makes You Feel Good/What Makes You Feel Bad

Touch also increases serotonin during massage and decreases pain levels, improves sleep patterns, decreases fatigue, anxiety, depression and cortisol levels in fibromyalgia patients, according to the International Journal of Neurology.

Another important source of serotonin can be increased light. Norman E. Rosenthal, M.D., National Institute of Mental Health, feels that the intensity of the light is what counts, not the spectrum. However full-spectrum light used in the poultry industry causes chickens to live twice as long, be calmer and less aggressive, and produce eggs 25% lower in cholesterol. Apparently, even human cholesterol levels drop when people are exposed to sunlight.

Non-full-spectrum lighting, which is often used in work places, has been shown to create hormones

ACTH and cortisol in levels considered stressful.

Being around water can help some people feel better. Research has shown that a cruise can be beneficial to your wellness.

There are more tips about feeling better in "Depression: The Need to Go Within," (<http://www.webstrategies.cc/ebooklibrary.html>) by Susan Dunn.

In sum, part of emotional self-awareness means becoming aware of what physical factors innate to you enhance your mood - the foods you eat, the chemicals you put into your body, the exercise you get or don't get, and your surroundings.

© Susan Dunn, MA Clinical Psychology, The EQ Coach, <http://www.susandunn.cc> , is the author of "Depression" – <http://www.webstrategies.cc/ebooklibrary.html> . She also offers Emotional Intelligence assessments, tests, coaching, distance learning, and seminars for your workplace and coordinate depression treatment programs. [Mailto:sdunn@susandunn.cc](mailto:sdunn@susandunn.cc) for FREE eZine. Call 210-496-0678 for immediate service.

Check Your Frequency

By Selena Richardson

From time to time we need to stop during our day to keep our frequency in check. Our frequencies are the ranges of feelings and emotions that we have. Like radio waves, our feelings and emotions vibrate at different frequencies. This is a major part of how we create our reality. And why we need to always be mindful of the frequencies we're emitting.

Like attracts like and opposites repel. And there is no such thing as coincidence. When something happens to you that seems like a coincidence it's not. You were just in sync with your vibrations at that time.

What Makes You Feel Good/What Makes You Feel Bad

You're at a music store looking for an old CD and right when you're about to give up you happen to look in a different section for something else. What you find is the CD that you were originally looking for.

If your frequency is low you attract more low frequency events in your life. Remember that there is no such thing as coincidence. For example, you wake up in a bad mood and throughout the day nothing goes right for you. As soon as you get to work, the parking lot is full so you have to park in the garage that's a block away. What's worse, it starts pouring down rain and you don't have an umbrella with you. Okay, that's a little drastic but you get the point.

We've all had those bad days that went from bad to worse every chance it could. But how do you prevent situations like this? Well you need to keep your frequency in check. Remember, like attracts like so if your frequency is low you get more of the same until you change it. You need to pay attention to yourself and realize when your frequency has hit a low point.

Well how do you bring your vibration back up? By changing the station. Frequencies and feelings are like radio waves, if you don't like what's on then change it. Switch your thoughts and feelings to something that can bring your vibration back up. Find something that makes you feel good. It can be anything that makes you feel good just by thinking about it – favorite memories, favorite songs, favorite people – anything as long as it makes you feel good.

Picture your favorite thought as a different radio station that you can flip to whenever you notice your frequency going down. The same way you would change the station in your car if you didn't like the song that was playing. It's as simple as that.

Selena Richardson, coach and editor of Creative Possibilities, a free newsletter helping people focus on and reach their goals. Are you ready to create your journey in life? To subscribe,

or visit the site –

for more

information on her upcoming courses and on-going workshops.

Check Your Frequency
Give Your Attitude A Little Altitude
Computer Viruses are Bad Luck
How Do I Love Thee?
When Your Career Becomes Very Stressful

How to keep up the SPICE in your Love Life.
Coin Collector Software
Starting a Successful Retail Business
Cure Bad Breath

Script Jungle – You'll Get 10 Great Scripts With Resell Rights!



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!