

## **Serotonin**

Serotonin is a chemical found in the human body, which is mainly present in the brain, bowels, and blood platelets. It is a neurotransmitter, which means it carries signals along and between the nerves. In the brain, serotonin helps regulate sleep, body temperature, mood, learning, memory formation, appetite, sexual desire, as well as balancing obsessive compulsive disorder (OCD.)

Some symptoms of serotonin deficiency include low stress tolerance, depression, irritability, poor concentration, sleep problems, anxiety, binge eating, PMS, and fibromyalgia. Exercise, light therapy, stress management, and a change in diet can increase serotonin production in the body, however, for certain patients these methods take too long to produce results and that's when serotonin supplementation comes in. Supplementation with serotonin in deficient patients will bathe the neurons in the brain with chemicals that help promote feelings of comfort, contentment, and well-being. That's why it's called the "happy" neurotransmitter. A physician normally starts with a smaller dose of serotonin and works the patient up to the desired dose. Oral serotonin is taken once every 24 hours.

Studies show that chronic use of antidepressants such as Prozac or Cymbalta will deplete natural serotonin levels. Treatment with prescription serotonin will increase serotonin levels and can have a positive effect on depression, without the side effects from other antidepressants.

