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Supercharge the dopamine naturally for a good feel

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ABSTRACT

“Happiness depends on ourselves.” More than anybody else. Yes, when an exogenic force shakes our mental equilibrium to drop down, we must be aware to reboot with our God’s pharmacy app that is inbuilt in our body. Dopamine also plays a big role in our ability to think, plan, focus, and engage in activities; it drives motivation. If dopamine levels are low, we may struggle with motivation or feel a little down. Thankfully, there are some incredible ways to increase dopamine levels naturally. So, let us dive into the natural mood-boosting hacks that will drive us to positivity and success. This article scribes down to unveil the ways to boost our hanging android that is sad and sorrows, weary and worn out by just activating the hormone app that is inbuilt as God’s Pharmacy.

Keywords— Dopamine, Boosting, Supercharge

INTRODUCTION

“Happiness depends on ourselves.” More than anybody else. Yes, when an exogenic force shake our mental equilibrium to drop down, we must be aware to reboot with our God’s pharmacy app that is inbuilt in our body. Though we live in the dynamic world, our body has been designed by the Nano-Tech Almighty creator in such a way to regain even. immediately to the equilibrium state.

When the external environment continuously overloads us with the unwanted aching archives, consumes our energy data beyond limit by the terms of stress, depression, loss etc., it is time to boost our smart android system that can easily fight against this and can renew our body and mind with happiness and cheer that makes us to function brighter and faster.

Think about how we feel after listening to a happy song, or when we have finished a workout. We feel pretty great, right? But it gets better! Dopamine also plays a big role in our ability to think, plan, focus, and engage in activities; it drives motivation. If dopamine levels are low, we may struggle with motivation or feel a little down. Thankfully, there are some incredible ways to increase dopamine levels naturally. So, let us dive into the natural mood-boosting hacks that will drive us to positivity and success.

This article scribes down to unveil the ways to boost our hanging android that is sad and sorrows, weary and worn out by just activating the hormone app that is inbuilt as God’s Pharmacy.

Let us look into this Hormone app!!!



Hormones are chemicals produced by different glands across our body. These hormones travel through the blood stream, acting as messengers and playing a part in many bodily processes. They do help in regulating our mood [1].

Hormone app

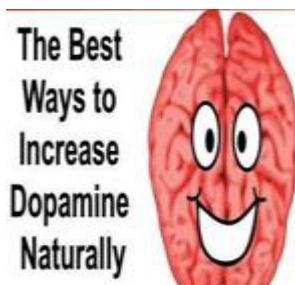


One such hormone is Dopamine which is known to help promote positive feelings, including happiness and pleasure. This Brain Chemical is also known as the “feel-good” and “Happiness” hormone. Our smart android body is capable of producing the Happiness hormone by itself. Dopamine is also a neurotransmitter which is an important part of our brain’s reward system and is associated with pleasurable sensations, along with learning, memory, motor system function, and more .2

In a Medical News Letter article Jan 2018 (medically reviewed by Suzanne Falck, M.D., FACP.) stated that the low level of dopamine can cause trouble sleeping or disturbed sleep, low energy, an inability to focus, moving or speaking more slowly than usual, feeling fatigued, demotivated, inexplicably sad or tearful, mood swings, hopeless, having low self-esteem, guilt-ridden, anxious, suicidal thoughts or thoughts of self-harm, low sex drive, hallucinations, delusions, lack of insight or self-awareness. 3

Though we exist amidst of these pandemic days that disturb each soul and mind...revitalizing is an essential step to keep going till the end. One should feel good and motivated by self to step up next. The sense of feel –Good, happiness,

motivated can be augmented by this dopamine irrespective of the situation we face. This Dopamine levels need to be boosted to heighten the above said positive feelings.

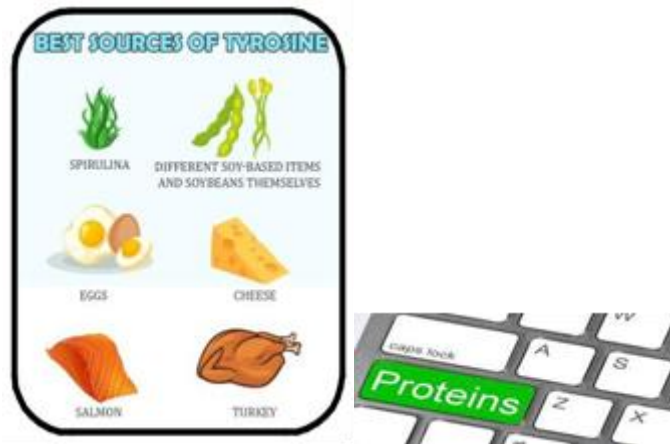


Rather than looking for a ‘quick-fix’ to increase dopamine levels, there are many healthy ways to boost the dopamine levels. The natural ways to increase dopamine are to incorporate certain foods into a healthy diet, take supplements which increase dopamine, exercise, and can make lifestyle choices that can also boost dopamine levels.

Here are the ways to boost the levels of Dopamine to make every single cell in our body to feel happy and Good !!!

Consume lots of proteins which are made up of smaller building blocks called amino acids. One of these amino acids called tyrosine plays a critical role in the production of dopamine. The body makes tyrosine from another amino acid called phenylalanine. The body

uses tyrosine, an amino acid, to make chemical messengers that are involved in conditions involving the brain such as mental alertness Tyrosine can also be found in dairy products, meats, fish, eggs, nuts, beans, oats, and wheat. 4



Enzymes within your body are capable of turning tyrosine into dopamine, so having adequate tyrosine levels is important for dopamine production. Low level of tyrosine can cause symptoms of dopamine insufficiency as said above. 5

Endeavor to taste Velvet bean



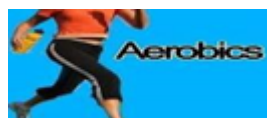
Velvet bean (mucuna pruriens, cowhage) is a natural supplement that contains L-dopa in therapeutic amounts. L-dopa converts to dopamine in the brain and thus can help you restore your dopamine levels naturally leading to enhanced Mood, Motivation, Pleasure, Energy, Enjoyment of Life!6

Shovel down the Saturated fat Intake



According to a study published in the journal Neuropsychopharmacology, a diet high in saturated fat can lead to cognitive function impairment, specifically by dulling the dopamine reward system so downscale the loads of carb and weigh more tyrosine rich protein in our caloric scale7.

Drill often your muscles with



Exercise also alters the way our brain produces and uses neurotransmitters. These plastic changes in functional brain areas influence the dopamine pathways. As our brains produce more of this brain chemical, feelings of well-being and contentment increase. Our brain undergoes rapid, permanent change and our ability to cope with acute stressors increases and makes us to cope with the situation and to feel good eventually. A randomized controlled Trial concluded with evidence that exercise can increase DA receptor availability in the striatum. 8. Regular physical activity can also increase our dopamine making it a great option to boost our happy hormone. Cardio is a great type of exercise for increasing dopamine naturally. Anything like running, cycling, skipping, swimming etc.,



Chore an Hour under the sunlight



Sunlight is thought to boost levels of dopamine. Dopamine is associated with intense pleasure, such as that a piece of music that makes us shudder, good food etc., So having increased dopamine levels should make us to feel more euphoric and this is likely to be

the pleasure we feel when we open the windows on a sunny spring morning. A study upon 68 samples concluded with the results that striatal dopamine D(2)/D(3) receptor availability was significantly greater in the subjects with high sunshine exposure than in those with low-sunshine exposure 9So, take a walk in the sunshine or enjoy a meal outdoors each day to catch those mood-boosting rays. Beware of sun damage and burning by avoiding the midday sun and applying sun cream after about 20-30 minutes.

An ample sleep can activate Dopamine



Sleep is a basic necessity of the human body and at the same time a basic prerequisite of its good health, in order its normal functions to be carried out. As a result, any sleep disorder has a direct impact on the body function, reducing its performance. Sleep cycles are managed by neurotransmitters. Neurotransmitters transmit impulses from one brain cell, or neuron, to another, and thus support communication between neurons. Dopamine is one of these neurotransmitters. Researchers have also discovered that dopamine acts on

the pineal gland, which is significant because the pineal gland controls the body's rhythms in response to light and dark 10. Feel revitalized and reap productivity by getting yourself a good Night sleep.



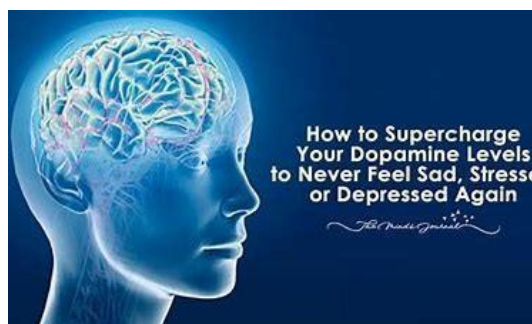
Knytl speculates that focused meditative practices, works like a virtuous cycle in the brain's reward circuit that pumps up tonic dopamine levels.¹¹ Bianca P. Acevedo stated in the *The Neural Mechanisms of Meditative Practices* that the Unique effects for mindfulness practices were found in brain regions involved in body awareness, attention, and the integration of emotion and sensory processing ¹². An article concluded that meditation does boost dopamine. It's been shown to raise dopamine levels in human studies. Dopamine is a crucial brain chemical that governs everything from our mood, motivation and feelings to physical movement ¹³. Let us achieve this meditative state quite literally through breathing. Sit comfortably, close your eyes, focus on your breathing, and let all other thoughts go as if they were clouds passing by.

Hearken to music:



Ever been lacking enthusiasm and then put an upbeat song on to instil you with excitement. It has been scientifically proven that listening to music you love increases the release of dopamine in the brain. Scientifically, the dorsal and ventral striatum release dopamine when listening to pleasurable music. The activity in these structures is known to associate with the reward system of the human brain. Moreover, the nigrostriatal dopaminergic system regulates our motor function ¹⁴. Put your favourite song or playlist on for those feel-good vibes to start experiencing the incredible natural dopamine booster.

CONCLUSION



Our body generally regulates dopamine levels well, but a few diet and lifestyle changes can give you a boost naturally. A clean and varied diet consisting of lean protein, micronutrient-rich foods, probiotics and some healthy fats will go a long way. Lifestyle choices

can be powerful too. Meditation is one of the best ways to enhance your natural dopamine production. However, we need to stay consistent to reap all of its amazing benefits.

Let us supercharge our android body system to function more effectively by keep activating the above said Hormone App naturally. So that our smart android will not hang during this pandemic rather work fast and better with Good Feel energy.

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