



Braverman Personality Type Assessment

Part 1: Determining your Dominant Nature

Instructions: Answer each question by circling either T for True or F for False. At the end of each group, record only the total number of true statements in the space provided.

Answer the questions in terms of how you feel most of the time. For example, if you've had a bad night's sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

1A DOPAMINE

Memory and Attention

I find it easy to process my thoughts	T	F
I concentrate effectively	T	F
I am a deep thinker	T	F
I am a quick thinker	T	F
I become distracted because I do so many tasks at once	T	F
I enjoy intense debate	T	F
I have a good imagination	T	F
I tend to criticize and analyze my thoughts	T	F

Physical

I have a lot of energy most of the time	T	F
My blood pressure is often elevated	T	F
Sometimes in my life I have had episodes of extreme energy	T	F
I have insomnia	T	F
I find exercising invigorating	T	F
I don't ordinarily need coffee to jump-start me in the morning	T	F
My veins are visible and tend to look as though they might pop out of my skin	T	F
I tend to have a high body temperature	T	F
I eat my lunch while I'm working	T	F
I engage in sexual intercourse any chance I get	T	F
I have a temper	T	F
I eat only to reenergize my body	T	F
I love action movies	T	F
Exercising makes me feel powerful	T	F

Personality

I am a very domineering individual	T	F
I sometimes don't notice my feelings	T	F
I often have trouble listening to others because my own ideas dominate	T	F
I have been in many fights	T	F
I tend to be future-oriented	T	F
I am sometimes speculative	T	F
Most people view me as thinking-oriented	T	F
I daydream and often fantasize	T	F
I like to read history and other non-fiction books	T	F
I admire ingenuity	T	F
I can be slow in identifying how people can cause trouble	T	F

I don't usually get tricked by people who say they need my help	T	F
Most people view me as innovative	T	F
People have thought I have had some strange ideas, but I can always explain the basis for them rationally	T	F
I am often agitated or irritated	T	F
Little things make me anxious or upset	T	F
I have fantasies of unlimited power	T	F
I love spending money	T	F
I dominate others in relationships	T	F
I am very hard on myself	T	F
I react aggressively to criticism, often becoming defensive in front of others	T	F

Character

Some individuals view me as tough-minded	T	F
Most people view me as achievement-oriented	T	F
Some people say that I am irrational	T	F
I will do anything to reach a goal	T	F
I value a religious philosophy	T	F
Incompetence makes me angry	T	F
I have high standards for myself and for others	T	F

Total value of 1 A True Responses _____

2A ACETYLCHOLINE

Memory and Attention

My memory is very strong	T	F
I am an excellent listener	T	F
I am good at remembering stories	T	F
I usually do not forget a face	T	F
I am very creative	T	F
I have an excellent attention span and rarely miss a thing	T	F
I have many good hunches	T	F
I notice everything going on around me	T	F
I have a good imagination	T	F



Whole Mental Wellness

Psychotherapy and Medication Management

wholementalwellness.com
100 Clinton St., Fayetteville, NY 13066
315.218.5909 Fax: 253.660.7383

Physical

I tend to have a slow pulse	T	F
My body has excellent tone	T	F
I have a great figure/build	T	F
I have really low cholesterol	T	F
When I eat, I love to experience the aromas and the beauty of food	T	F
I love yoga and stretching my muscles	T	F
During sex, I am very sensual	T	F
I have had an eating disorder at some point in my life	T	F
I have tried many alternative remedies	T	F

Personality

I am a perpetual romantic	T	F
I am in touch with my feelings	T	F
I tend to make decisions based on hunches	T	F
I like to speculate	T	F
Some people say I have my head in the clouds	T	F
I love reading fiction	T	F
I have a rich fantasy life	T	F
I am creative when solving people problems	T	F
I am very expressive; I like to talk about what's bothering me	T	F
I am buoyant	T	F
I believe that it is possible to have a mystical experience	T	F
I believe in being a soul mate	T	F
Sometimes the mystical can excite me	T	F
I tend to overreact to my body	T	F
I find it easy to change things; I am not set in my ways	T	F
I am deeply in touch with my emotions	T	F
I tend to love someone one minute and hate him or her the next	T	F
I am flirtatious	T	F
I don't mind spending money if it benefits my relationships	T	F
I tend to fantasize when I'm having sex	T	F
My relationships tend to be filled with romance	T	F
I love watching romantic movies	T	F
I take risks in my love life	T	F

Character

I foresee a better future	T	F
I am inspired to help other people	T	F
I believe that all things are possible, particularly for those who are devoted	T	F
I am good at creating harmony between people	T	F
Charity and altruism come from the heart, and I have plenty of both	T	F

Others think me of as having vision	T	F
My thoughts on religion often change	T	F
I am an idealist, but not a perfectionist	T	F
I'm happy with someone who just treats me right	T	F

Total Number of 2A True Responses _____

3A GABA

Memory and Attention

I have a stable attention span and can follow other people's logic	T	F
I enjoy reading people more than books	T	F
I retain most of what I hear	T	F
I can remember facts people tell me	T	F
I learn from my experiences	T	F
I am good at remembering names	T	F
I can focus very well on tasks and people's stories	T	F

Physical

I find it easy to relax	T	F
I am a calm person	T	F
I find it easy to fall asleep at night	T	F
I tend to have high physical endurance	T	F
I have low blood pressure	T	F
I do not have a family history of stroke	T	F
When it comes to sex, I am not very experimental	T	F
I have little muscle tension	T	F
Caffeine has little effect on me	T	F
I take my time eating my meals	T	F
I sleep well	T	F
I don't have many harmful food cravings such as sugar	T	F
Exercising is a regimented habit for me	T	F

Personality

I am not very adventurous	T	F
I do not have a temper	T	F
I have a lot of patience	T	F
I don't enjoy philosophy	T	F
I love watching sitcoms about families	T	F
I dislike movies about other worlds or universes	T	F
I am not a risk-taker	T	F
I keep past experiences in mind before I make decisions	T	F
I am a realistic person	T	F
I believe in closure	T	F
I like facts and details	T	F
When I make a decision, it's permanent	T	F
I like to plan my day, week, month, etc.	T	F
I collect things	T	F
I am a little sad	T	F



Whole Mental Wellness

Psychotherapy and Medication Management

I am afraid of confrontations and altercations	T	F
I save up a lot of money in the event of a crisis	T	F
I tend to create strong, lasting bonds with others	T	F
I am a stable pillar in people's lives	T	F
Character		
I believe in the adage "Early to bed, early to rise."	T	F
I believe in meeting deadlines	T	F
I try to please others the best I can	T	F
I am a perfectionist	T	F
I am good at maintaining long-lasting relationships	T	F
I pay attention to where my money goes	T	F
I believe that the world would be more peaceful if people would improve upon their morals	T	F
I am very loyal and devoted to my loved ones	T	F
I have high ethical standards that I live by	T	F
I pay close attention to laws, principles, and policies	T	F
I believe in participating in service for the community	T	F

Total number of 3A True Responses _____

4A SEROTONIN

Memory and Attention

I can easily concentrate on manual-labor tasks	T	F
I have a good visual memory	T	F
I am very perceptive	T	F
I am an impulsive thinker	T	F
I live in the here and now	T	F
I tend to say, "Tell me the bottom line."	T	F
I am a slow book learner, but I learn easily from experience	T	F
I need to experience something or work at it hands-on in order to understand it	T	F

Physical

I sleep too much	T	F
When it comes to sex, I am very experimental	T	F
I have low blood pressure	T	F
I am very action-oriented	T	F
I am very handy around the house	T	F
I am very active outdoors	T	F
I engage in daring activities such as skydiving and motorcycle riding	T	F
I can solve problems spontaneously	T	F
I rarely have carbohydrate cravings	T	F

I usually grab a quick meal on the run	T	F
I'm usually not very consistent with my exercise routine; I may exercise daily for three weeks and then skip it for a month	T	F

Personality

I live life in the immediate moment	T	F
I like to perform/entertain in public	T	F
I tend to gather facts in an unorganized manner	T	F
I am very flexible	T	F
I am a great negotiator	T	F
I often just like to "eat, drink, and be merry"	T	F
I am dramatic	T	F
I am very artistic	T	F
I am a good craftsman	T	F
I'm a risk taker when it comes to sports	T	F
I believe in psychics	T	F
I can easily take advantage of others	T	F
I am cynical of others' philosophies	T	F
I like to have fun	T	F
My favorite type of movies are horror flicks	T	F
I am fascinated with weapons	T	F
I rarely stick to a plan or agenda	T	F
I have trouble remaining faithful	T	F

I am easily able to separate and move on when relationships with loved ones end	T	F
I don't pay much attention to how I spend my money	T	F
I have many frivolous relationships	T	F

Character

I always keep my options open in case something better comes up	T	F
I don't like working hard for long periods of time	T	F
I believe things should have a function and purpose	T	F
I am optimistic	T	F
I live in the moment	T	F
I pray only when I'm in need of spiritual support	T	F
I don't have particularly high morals and ethical values	T	F
I do what I want, when I want to	T	F
I don't care about being perfect; I just live my life	T	F
Savings are for suckers	T	F

Total Number of T Responses _____



Whole Mental Wellness

Psychotherapy and Medication Management

Total Results Summary

1A Total Number of True Responses:	DOPAMINE NATURE	_____
2A Total Number of True Responses:	ACETYLCHOLINE NATURE	_____
3A Total Number of True Responses:	GABA NATURE	_____
4A Total Number of True Responses:	SEROTONIN NATURE	_____

DOPAMINE NATURE If you have a dopamine nature, you are part of 17% of the population. When you are balanced, you are likely to be strong-willed who knows exactly what you want and how to get it. You are fast on your feet and self-confident. You are highly rational, more comfortable with facts and figures than with feelings and emotions. You are able to assess yourself critically, but you may not respond well to the criticisms of others. You focus intently on the task at hand and take pride in achievement. Strategic thinking, masterminding, inventing, problem solving, envisioning, and pragmatism are exciting and you function well under stress. A majority of doctors, scientists, researchers, inventors, engineers, generals and architects are dopamine dominant, but this does not preclude you from other professions. You may like to play chess, listen to books on tape, or do difficult crossword puzzles. You are tireless, perhaps overly alert, and may need less sleep than others. When exercising, you may enjoy weight-lifting more than aerobic activities. You may not be overly sensitive and miss it when others consider their feelings more important than your reasons. You may be distant from your children, and the stability of your marriage may depend on the loyalty and goodwill of your spouse.

Excessive dopamine Too much dopamine can lead to excessive risk-taking behaviors and impulsive actions. Violence and over-control of others may be recurrent problems. Sexual activity level might be too high for sustained relationships to endure, as extramarital sexual activity may result. As teenagers, reckless driving, shoplifting, or date rape may result if you did not learn to balance your dopamine extremes in time.

ACETYLCHOLINE NATURE You are adept at working with your senses and view the world in sensory terms. You are highly creative and open to new ideas. You are a quick thinker who is always taking other people into consideration. You are devoted to making things the best they can be, no matter how much effort it requires. You are flexible, creative, and spontaneous, and are willing to try anything new as long as it promises to be new and exciting. If your acetylcholine nature is in balance, you are intuitive and innovative. You take pleasure in anything involving words, ideas, and communication. (Acetylcholine is produced to a great extent in the parietal lobes of the brain, which is responsible for language, intelligence, and comprehension) You may be ideal in the roles as counselor, mediator, think tank member, yoga and meditation instructor, religious leader, and in public service. Strong acetylcholine levels are associated with high brain speed, which impacts the creative function, so artists, writers, advertising professionals, and actors are frequently acetylcholine dominant. You are extremely social, even charismatic. You love meeting and greeting and making new friends. You come across to others as authentic and grounded. People find you charming, and you find relationships come easy to you. You invest a great deal of energy and time into your relationships and feel that you are personally reaping the rewards. You are an optimist, and you see the possibilities in people. You are attentive to the needs of children and romantic with you significant other. You are good at remembering other people's feelings and reactions, and this enables you to not hurt others. You are altruistic and benevolent. You love adventure. You are open to new things and not afraid of failure. You like to travel, but you can also enjoy reading about the lives of others. Your quest for learning makes you interested in a variety of topics and adept at sharing your knowledge with others.



Whole Mental Wellness

Psychotherapy and Medication Management

Too Much Acetylcholine You may give too much of yourself, to the point of not considering your own needs or becoming masochistic. You may feel the world is taking advantage of you, or become paranoid. You may become socially isolated as a result. Panic disorder, manic episodes, or anxiety can result.

GABA NATURE A person with a GABA nature is stable. Almost 50% of the world share this nature, whose hallmarks are consistency, sociability, and concern for others. If you have a GABA nature, you will likely show up every day for work and be there when others need you. When your GABA is in balance, you remain calm when chaos swirls around you. Characteristics of objectivity, levelheadedness, punctuality, practicality, and confidence all come naturally to you. Staying organized is very important to you, and rigid schedules are comforting rather than confining – they eliminate uncertainty and ensure smooth sailing. GABA dominant people tend to gravitate to careers as administrators, accountants, security officers, nurses, medical technicians, air-traffic controllers, news reporters, EMT's, meeting planners, bus drivers, and homemakers. No matter what the job, the GABA-natured person is the one who tethers the group, who stays focused on the matter at hand, yet usually defers to the majority. You are the consummate team player, deriving pleasure from fulfilling your obligations and taking care of those you love. You are sensible, settled, and not prone to wide swings of emotion or outbursts of anger. You both relish group activities and cherish one-to-one connections. Making others comfortable makes you happy. Marriage is seen as a long-term haven. You probably believe in traditions and institutions, and enjoy your part in making them work, especially at your place of worship. You look forward to holiday gatherings, and planning for them seems more like play than work. You probably like history books and biographies. Collecting memorabilia and creating scrapbooks may provide hours of entertainment. There are times when you feel you've had a strong nurturing effect on others, such as after hosting a holiday dinner.

EXCESS GABA Producing too much GABA may ratchet up your nurturing tendencies to the point where you ignore your own needs or end up getting hurt. You may spend too much energy looking for love, and then relying too heavily on you mates. You may look too much to authority figures for advice and continuously craving and following the advice of others.

SEROTONIN NATURE Serotonin resynchronizes your brain while you sleep so you wake every morning with a fresh start. If you have a serotonin nature, you are among 17% of the population who really know how to enjoy themselves. Serotonin is associated with delta waves (which are produced in abundance when we sleep) and affects our ability to rest, regenerate, and find security. If you have a serotonin nature, you know how to live in the moment. You are a realist, keenly responsive to sensory input, yet you can be impulsive, too. You love to participate in activities for the "love of the game" and not as a means to an end. Achievement to you means getting something done now. You thrive on change – you'll alternate tasks and find new ways of doing repetitive ones. You will try new foods, pick up a new hobby, and plan a different vacation every year. When balanced, a person with a serotonin nature is receptive to stimuli, in touch with both mind and body, often physically coordinated, and very resourceful. You are not put off by struggle and undeterred by setbacks. If your work doesn't feel like play, it is not worth doing. Your serotonin nature is ideal for professions requiring motor skills, hand-eye coordination, flexibility, and crisis management. Tools are extensions of the serotonin brain. Construction workers, oil riggers, truck and ambulance drivers, military personnel, hairstylists, bartenders, pilots, and computer programmers – who get to play with the most advanced and expensive tools – are all likely to have a serotonin nature. Professional athletes, movie stars, photographers, and fashion models might also have serotonin natures. Serotonin dominance would also be essential for trouble-shooting business executives hired to save floundering companies; for surgeons, orthopedists, and chiropractors; for detectives and investigators; and



Whole Mental Wellness

Psychotherapy and Medication Management

for specialists in crisis intervention. If there is excitement anywhere, you will find it, whether it be parties, celebrations, video games, casino gambling, mountain climbing, hunting, skydiving, hang-gliding, skiing, or scuba diving. You are passionate in your relationships, but refuse to be tied down. It is important that those close to you recognize your need for freedom. You can be the life of the party; you can be cheerful, optimistic, and easygoing. You want everyone to join in and be part of your fun. You may have a special fondness for children, although you may be overwhelmed by the commitment needed to care for them. You delight in playing with them, and the roles of a favorite aunt, uncle or grandparent appeal the most to you. You are intensely loyal to coworkers, friends, and family. People appreciate your practical side and the way you make the best of any situation. You have many and varied friendships, but they may be more broad than deep. Your impulsivity and desire for new experiences may move you away before deeper roots are formed. You disdain order and routine, and with your love for independence, this can put a strain on your closest relationships. When you are maximizing your serotonin mature, you experience serenity throughout the day. You experience highs doing what others consider dangerous, such as bungee jumping, motorboat racing, whitewater rafting, motorcycling, or just staying out all night carousing. When you play hard, your body is in serotonin overdrive, and you are having the time of your life.

TOO MUCH SEROTONIN Producing too much serotonin can make you extremely nervous. You can become hesitant, distracted, vulnerable to any manner of criticism, and morbidly afraid of being disliked. In the extreme, someone with an excessive serotonin personality is painfully shy and sees himself as inadequate and inferior. Such people are plagued by sadness, anger, and a desperate desire for interpersonal interaction, which, ironically, they are too fearful to attempt.



Whole Mental Wellness

Psychotherapy and Medication Management

Part 2: Defining your Deficiencies

Instructions: Answer each question by circling either T for True or F for False. At the end of each group, tabulate and record only the total number of true statements in the space provided. The second assessment will determine if you are deficient in any of the four biochemicals, including the one that governs your nature. Many of the questions relate to symptoms you might now be experiencing. Answer the questions in terms of how you feel right now; it doesn't matter how long you've been experiencing these symptoms, or even if they occurred today for the first time.

1B DOPAMINE DEFICIENCY

Memory and Attention

I have trouble paying consistent attention and concentrating	T	F
I need caffeine to wake up	T	F
I cannot think quickly enough	T	F
I do not have a good attention span	T	F
I have trouble getting through a task even when it is interesting to me	T	F
I am slow in learning new ideas	T	F

Physical

I crave sugar	T	F
I have decreased libido	T	F
I sleep too much	T	F
I have a history of alcohol or addiction	T	F
I have recently felt worn out for no apparent reason	T	F

I sometimes experience total exhaustion without even exerting myself	T	F
--	---	---

I have always battled weight problems	T	F
I have little motivation for sexual experiences	T	F

I have little trouble getting out of bed in the morning	T	F
---	---	---

I have had a craving for cocaine, amphetamines, or Ecstasy	T	F
--	---	---

Personality

I feel fine just following others	T	F
People seem to take advantage of me	T	F
I am feeling very down or depressed	T	F
People have told me I am too mellow	T	F
I have little urgency	T	F
I let people criticize me	T	F
I always look to others to lead me	T	F

Character

I have lost my reasoning skills	T	F
I can't make good decisions	T	F

Total Number of 1B True Responses ____

2B ACETYLCHOLINE DEFICIENCY

Memory and Attention

I lack imagination	T	F
I have difficulty remembering names when I first meet people	T	F
I have noticed that my memory ability is decreasing	T	F
My significant other tells me I don't have romantic thoughts	T	F
I can't remember my friend's birthday	T	F
I have lost some of my creativity	T	F

Physical

I have insomnia	T	F
I have lost muscle tone	T	F
I don't exercise anymore	T	F
I crave fatty food	T	F
I have experimented with hallucinogens or other illicit drugs	T	F
I feel like my body is falling apart	T	F
I can't breathe easily	T	F

Personality

I don't feel joy very often	T	F
I feel despair	T	F
I protect myself from being hurt by others by never telling much about myself	T	F

I find it more comfortable to do things alone rather than in a large group	T	F
--	---	---

Other people get angrier about bothersome things than I do	T	F
--	---	---

I give in easily and tend to be submissive	T	F
--	---	---

I rarely feel passionate about anything	T	F
I like routine	T	F

Character

I don't care about anyone's stories but my own	T	F
I don't pay attention to people's feelings	T	F
I don't feel buoyant	T	F



Whole Mental Wellness

Psychotherapy and Medication Management

I'm obsessed with my deficiencies T F

Total Number of 2B True Responses ____

3B GABA DEFICIENCY Memory and Attention

I find it difficult to concentrate because I'm nervous and jumpy T F

I can't remember phone numbers T F

I have trouble finding the right word T F

I have trouble remembering things when I am put on the spot T F

I know I am intelligent, but it is hard to show others T F

My ability to focus comes and goes T F

When I read, I find I have to go back over the same paragraph a few times to absorb the information T F

I am a quick thinker but can't always say what I mean T F

Physical

I feel shaky T F

I sometimes tremble T F

I have frequent backaches and/or headaches T F

I tend to have shortness of breath T F

I tend to have heart palpitations T F

I tend to have cold hands T F

I sometimes sweat too much T F

I am sometimes dizzy T F

I often have muscle tension T F

I tend to get butterflies in my stomach T F

I crave bitter foods T F

I am often nervous T F

I like yoga because it helps me to relax T F

I often feel fatigued even when I have had a good night's sleep T F

I overeat T F

Personality

I have mood swings T F

I enjoy doing many things at one time, but I find it difficult to decide what to do first T F

I tend to do things just because I think they'd be fun T F

When things are dull, I always try to introduce some excitement T F

I tend to be fickle, changing my mood and thoughts frequently T F

I tend to get overly excited about things T F

My impulses tend to get me into a lot of trouble T F

I tend to be theatrical and draw attention to myself T F

I speak my mind no matter what the reaction of others may be T F

I sometimes have fits of rage and then feel terribly guilty T F

I often tell lies to get out of trouble T F

I have always had less interest than the average person in sex T F

Character

I don't play by the rules anymore T F

I have lost my friends T F

I can't sustain romantic relationships T F

I consider the law arbitrary and without reason T F

I now consider rules that I used to follow ridiculous T F

Total Number of 3B True Responses ____

4B SEROTONIN DEFICIENCY Memory and Attention

I am not very perceptive T F

I can't remember things that I have seen in the past T F

I have a slow reaction time T F

I have a poor sense of direction T F

Physical

I have night sweats T F

I have insomnia T F

I tend to sleep in many different positions in order to feel comfortable T F

I always awake early in the morning T F

I can't relax T F

I wake up at least two times per night T F

It is difficult for me to fall back asleep when I am awakened T F

I crave salt T F

I have less energy to exercise T F

I am sad T F

Personality

I have chronic anxiety T F

I am easily irritated T F

I have thoughts of self-destruction T F

I have had suicidal thoughts in my life T F

I tend to dwell on ideas too much T F

I am sometimes so structured that I become inflexible T F

My imagination takes over T F

Fear grips me T F

Character

I can't stop thinking about the meaning of life T F

I no longer want to take risks T F

The lack of meaning in my life is painful to me T F



Whole Mental Wellness

Psychotherapy and Medication Management

Total Number of 4B True Responses ____

Deficiency Results Summary

1B Total Number of True Responses:	DOPAMINE DEFICIENCY	_____
2B Total Number of True Responses:	ACETYLCHOLINE DEFICIENCY	_____
3B Total Number of True Responses:	GABA DEFICIENCY	_____
4B Total Number of True Responses:	SEROTONIN DEFICIENCY	_____

This test and the following recommendations are taken directly from Dr. Eric R. Braverman's book, "The Edge Effect: Achieve Total Health and Longevity with the Balanced Brain Advantage" New York: Sterling Publications, 2005.

Deficient dopamine Early warning signs are loss of energy, fatigue, sluggishness, memory loss, or the blues.

Physical issues: Anemia, balance problems, blood sugar instability, bone density loss, carbohydrate cravings, decreased appetite, decreased strength, diabetes, diarrhea, anorgasmia, digestion problems, hypersomnia, head and facial tremors, high blood pressure, hyperglycemia, joint pain, kidney problems, light-headedness, low libido, narcolepsy, obesity, Parkinson's, slow metabolism, slow rigid movements, substance abuse, sugar cravings, tension, tremors, thyroid problems, swallowing problems.

Personality Issues: Aggression, anger, carelessness, depression, fear of being observed, guilt, hopelessness, worthlessness, pleasure-seeking behavior, stress intolerance, social isolation, mood swings, procrastination, self-destructive thoughts.

Memory Issues: Distractibility, lack of follow-through, forgetfulness, lack of working memory, poor abstract thinking, slow processing speed.

Attention Issues: ADD, decreased alertness, failure to finish tasks, hyperactivity, impulsive behavior, poor concentration.

Dopamine Boosters for Brain Energy

	Minor Deficit (0-5)	Moderate Deficit (6-15)	Major Deficit (15+)
Phenylalanine	500 mg	1000 mg	1000-2000 mg
Tyrosine	500 mg	1000 mg	1000-2000 mg
Methionine	250 mg	500 mg	1000 mg
Rhodiola	50 mg	100 mg	200 mg
Pyroxidine	5 mg	10 mg	50 mg
B complex	25 mg	50 mg	100 mg
Phosphatidylserine	50 mg	100 mg	200 mg
Ginko Biloba	50 mg	75 mg	100 mg

Dietary modifications can boost dopamine as well. Increase your intake of phenylalanine and tyrosine (use Equal as a sugar substitute), eat chicken, cottage cheese, eggs, pork, ricotta cheese, soybean products, turkey, walnuts, wheat germ, granola, oats, duck, and milk and yogurt.

To prevent dopamine burnout, practice deep breathing (from abdomen), alternating nostrils, watch non-violent movies and TV shows, weight lifting 3 times per week. Prevent exposure to lead and cadmium. Stop smoking. A cup or two of caffeine in the morning is a very common way to increase dopamine, however this can cause insomnia or tremors if dosage is too high or it is taken too late in the day.

Deficient Acetylcholine Acetylcholine controls your brain speed and the rate at which electrical signals are processed, connecting your physical experiences to memories and thoughts. When your brain speed



Whole Mental Wellness

Psychotherapy and Medication Management

slows with deficient acetylcholine, the brain does not have time to connect all the new stimuli to previously stored information, so it is discarded when the new information pours in. Your recall may become spotty, and you may not react to sensory stimuli as fast as before. This causes forgetfulness.

Physical Issues: Agitation, Alzheimers, anxiety, arthritis, autism, high cholesterol, decreased sexual ability, diabetes, problems urinating, dry cough, dry mouth, dyslexia, frequent urination, eye disorders, fat cravings, frequent bowel movements, glaucoma, lack of arousal, inflammatory problems, multiple sclerosis, osteoporosis, reading/writing disorders, slowness of movement, speech problems

Personality Issues: Bipolar disorder, math errors, changes in personality and language, hysterical behavior, mood swings, rule breaking.

Memory Issues: Learning disorders, loss of immediate visual and verbal memory, memory disturbance, memory lapses.

Attention Issues: Attention problems, difficulty concentrating, diminished comprehension, impaired abstract thinking, impaired creativity.

Acetylcholine Boosters

	Minor Deficit (0-5)	Moderate Deficit (6-15)	Major Deficit (15+)
Choline (GPC choline)	100 mg	200 mg	500 mg
Phosphatidylcholine	500 mg	1000 mg	2000 mg
Phosphatidylserine	50 mg	100 mg	200 mg
Acetyl-L-carnitine	250 mg	500 mg	1000 mg
DHA (Docosahexaenoic acid)	200 mg	500 mg	1000 mg
Thiamine	25 mg	50 mg	100 mg
Pantothenic Acid	25 mg	50 mg	100 mg
Vitamin B12	100 mcg	200 mcg	500 mcg
Taurine	250 mcg	500 mcg	1000 mcg
Huperzine-A	50 mcg	100 mcg	200 mcg
Ginkgo Biloba	50 mg	75 mg	100 mg
Korean Ginseng	100 mg	200 mg	500 mg

Deficient GABA Gaba is produced in the temporal lobes and is associated throughout the brain with calming, rhythmic theta waves – the “idling frequency” of neurons. GABA is the major inhibitory neurotransmitter of the brain, which keeps all of the other biochemicals in check. GABA controls the brain's rhythm so that you function mentally and physically at a steady pace. When your rhythm is thrown off by a GABA deficiency, you may begin to feel anxious, nervous, or irritable. Without enough GABA, your brain produces energy in bursts, which impacts your emotional well-being.

Physical Issues: Tremors, allergies, appetite changes, backache, blurred vision, carbohydrate cravings, chest pain, clammy hands, constipation, decreased libido, diarrhea, difficulty swallowing, dizziness, dry mouth, excessive sleepiness, headache, hypertension, hyperventilation, insomnia, irritable bowel syndrome, muscle loss, muscle tension, nausea, night sweats, paresthesias, PMS, protein cravings, seizures, shortness of breath, stroke, heart palpitations, ringing in ears, trembling, twitching, urinary frequency.

Personality Issues: Problems adjusting to stress, anxiety, depression, feelings of dread, excessive guilt, worthlessness, hopelessness, emotional immaturity, manic depression, obsessive compulsive disorder, phobias, rage, restlessness, thoughts of suicide, psychosis.

Memory Issues: Poor verbal memory, global memory problems.

Attention Issues: Difficulty concentrating, disorganized attention pattern associated with anxiety, high anxiety, impulsive attention errors (jumping the gun, erratic driving), inability to think clearly.



Whole Mental Wellness

Psychotherapy and Medication Management

GABA Boosters

	Minor Deficit (0-5)	Moderate Deficit (5-15)	Major Deficit (15+)
Inositol	500 mg	1000 mg	2000 mg
GABA (not well-absorbed)	100 mg	500 mg	1000 mg
Glutamic Acid	250 mg	500 mg	1000 mg
Melatonin (at night)	1 mg	2 mg	3-6 mg
Thiamine	200 mg	400 mg	600 mg
Niacinamide	25 mg	100 mg	500 mg
Pyridoxine	5 mg	10 mg	50 mg
Valerian root	100 mg	200 mg	500 mg
Passionflower	200 mg	500 mg	1000 mg

Serotonin Deficiency Serotonin is produced in great quantities in the occipital lobes and helps create the neurological electricity for sight and rest, and also controls your cravings. The occipital lobes maintain your brain's overall balance, or synchrony, by regulating the output of all the primary brain waves. The four brain waves appear in varying combinations throughout the day, but at night serotonin allows the brain to recharge and rebalance. If these brain waves are out of sync, the left and right sides of your brain will be out of balance, and you might feel like you are going off the edge; you are overtired, out of control, and unable to get a restful sleep. When serotonin is unbalanced, your brain's ability to recharge itself is compromised. Serotonin burnout can occur from experiencing too much excitement or not getting enough sleep. When this happens, you simply cannot think clearly.

Physical Issues: Aches and soreness, allergies, arthritis, backache, blurred vision, carbohydrate cravings, clammy hands, constipation or diarrhea, difficulty swallowing, dizziness, drug or alcohol addiction, drug reactions, dry mouth, hallucinations, headaches, high pain/pleasure threshold, hypersensitivity, excessive sleeping, hypertension, insomnia, muscle tension, nausea, night sweats, palpitations, paresthesias, PMS, premature ejaculation, premature orgasm for women, salt cravings, tachycardia, ringing in ears, tremors, urinary frequency, vomiting, weight gain.

Personality Issues: Codependency, depersonalization, depression, impulsiveness, lack of artistic appreciation, lack of common sense, lack of pleasure, social isolation, masochistic tendencies, obsessive compulsive disorder, paranoia, perfectionism, phobias, rage, self-absorption, shyness.

Memory Issues: Confusion, memory loss, too many ideas to manage.

Attention Issues: Difficulty concentrating, hypervigilance, restlessness, slow reaction time.

Serotonin Boosters

	Minor Deficits (0-5)	Moderate Deficits (6-15)	Major Deficits (15+)
Calcium	500 mg	750 mg	1000 mg
Fish oil (pharmaceutical grade)	500 mg	1000 mg	2000 mg
5-HTP (with decarboxylase inhibitor)	100 mg	200 mg	400 mg
Magnesium	200 mg	400 mg	600 mg
Melatonin (at night)	1/3 mg	1/2-2 mg	1-6 mg
Passionflower	200 mg	500 mg	1000 mg
Pyridoxine	5 mg	10 mg	50 mg
SAM-e	50 mg	100 mg	200 mg
St. John's Wort	200 mg	400 mg	600 mg
Tryptophan (prescription)	500 mg	1000 mg	1500-2000 mg
Zinc	15 mg	30 mg	45 mg