

NEUROTRANSMITTERS

ADRENALINE fight or flight

produced in stressful situations. Increases heart rate and blood flow, leading to physical boost and heightened awareness.

GABA calming

Calms firing nerves in the central nervous system. High levels improve focus, low levels cause anxiety. Also contributes to motor control and vision.

NORADRENALINE concentration

affects attention and responding actions in the brain. Contracts blood vessels, increasing blood flow.

ACETYLCHOLINE learning

Involved in thought, learning and memory. Activates muscle action in the body. Also associated with attention and awakening.

DOPAMINE pleasure

feelings of pleasure, also addiction, movement and motivation. People repeat behaviors that lead to dopamine release.

GLUTAMATE memory

Most common neurotransmitter. Involved in learning and memory, regulates development and creation of nerve contacts.

SEROTONIN mood

contributes to well-being and happiness. Helps sleep cycle and digestive system regulation. Affected by exercise and light exposure.

ENDORPHINS euphoria

Released during exercise, excitement and sex, producing well-being and euphoria, reducing pain

Brain Neurotransmitters And Hormones

Davinia Taylor



Brain Neurotransmitters And Hormones:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Brain Neurotransmitters And Hormones**

In some sort of inundated with displays and the cacophony of fast communication, the profound power and emotional resonance of verbal art usually diminish in to obscurity, eclipsed by the continuous onslaught of sound and distractions. However, nestled within the lyrical pages of **Brain Neurotransmitters And Hormones**, a interesting function of fictional brilliance that pulses with organic emotions, lies an wonderful trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this enchanting opus books visitors on a mental odyssey, delicately exposing the latent possible and profound affect stuck within the complex web of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is main themes, dissect their interesting writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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