

# Vital nutrients for thinking

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## The role of neurotransmitters (NTs)

The brain is an organ in the body just like your heart, liver, lungs etc are. So just like these other organs, the brain needs vital nutrients to work properly. It has over 100 billion nerve cells called neurons resulting in trillions of connections. These connections are made by neurotransmitters (NTs) which are chemical messengers that exist in the gap between every neuron. NTs are responsible for our emotions, fear, pleasure, joy, anger, mood, memory, cognition, attention, concentration, alertness, energy, appetite, cravings, sleep, pain.....So in essence our thoughts and feelings really are only as good as the NTs we make and it's our daily nutrition that determines the quality of our NTs.

For example the NT glutamate, is involved in memory and learning, attention span and keeping your digestion working properly. Imbalances in glutamate can lead to poor memory, focus and concentration and manic episodes. GABA is another NT vital for feelings of calmness and tranquillity. Imbalances in GABA can result in anxiety, panic attacks, cravings, insomnia and dwelling over stressful events. These are just two examples there are many more.

## Nutrients for NTs

The nutrients needed for making NTs vary for each one but in general you need excellent sources of protein, B vitamins, vitamin C, iron, magnesium, copper and zinc with other essentials nutrients depending on the NT. Hence if your diet is not rich in fresh varied nutrient rich food it's incredibly easy for NT imbalances to happen and symptoms to arise.

## Look after your diet

If you regularly experience any anxiety, panic attacks, chronic stress, tiredness, pain, memory problems, poor sleep, lack of focus or concentration, cravings, depression, impulsive behaviours, brain fog, social phobia, poor motivation.... It's worth checking if changing your diet might help. Every cell in your body needs nutrients every day. Don't ignore how what you eat affects how you feel - it can quite simply change the way you think.

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