

The Inhibitory (Calming) Neurotransmitters (from Wikipedia)

The Inhibitory System comprises mainly GABA and serotonin and serves to chill things out.

GABA

is the chief inhibitory neurotransmitter in the mammalian central nervous system. It plays the principal role in reducing neuronal excitability throughout the nervous system. In humans, GABA is also directly responsible for the regulation of muscle tone.[2]

Although in chemical terms it is an amino acid, GABA is rarely referred to as such in the scientific or medical communities, because the term "amino acid," used without a qualifier, by convention refers to the alpha amino acids, which GABA is not, nor is it considered to be incorporated into proteins.

Serotonin

Approximately 90% of the human body's total serotonin is located in the enterochromaffin cells in the GI tract, where it is used to regulate intestinal movements.[10][11] The serotonin is secreted luminally and basolaterally which leads to increased serotonin uptake by circulating platelets and activation after stimulation, which gives increased stimulation of myenteric neurons and gastrointestinal motility.[12] The remainder is synthesized in serotonergic neurons of the CNS, where it has various functions. These include the regulation of mood, appetite, and sleep. Serotonin also has some cognitive functions, including memory and learning. Modulation of serotonin at synapses is thought to be a major action of several classes of pharmacological antidepressants.

The Excitatory (Stimulating) Neurotransmitters

The two major stimulating neurotransmitters are dopamine and norepinephrine.

Dopamine

Dopamine In the brain, dopamine functions as a neurotransmitter—a chemical released by neurons (nerve cells) to send signals to other nerve cells. The brain includes several distinct dopamine pathways, one of which plays a major role in reward-motivated behavior. Most types of reward increase the level of dopamine in the brain, and most addictive drugs increase dopamine neuronal activity.

Norepinephrine

The general function of norepinephrine is to mobilize the brain and body for action. Norepinephrine release is lowest during sleep, rises during wakefulness, and reaches much higher levels during situations of stress or danger, in the so-called fight-or-flight response. In the brain, norepinephrine increases arousal and alertness, promotes vigilance, enhances formation and retrieval of memory, and focuses attention; it also increases restlessness and anxiety. In the rest of the body, norepinephrine increases heart rate and blood pressure, triggers the release of glucose from energy stores, increases blood flow to skeletal muscle, reduces blood flow to the gastrointestinal system, and promotes voiding of the bladder and large intestine.

Epinephrine

Epinephrine, also known as adrenalin or adrenaline, is primarily a medication and hormone.[3][4] As a medication it is used for a number of conditions including: anaphylaxis, cardiac arrest, and superficial bleeding. Common side effects include shakiness, anxiety, and sweating. A fast heart rate and high blood pressure may occur.

other major neurotransmitters include: Glutamate, Histamine, PEA, Acetylcholine

****For nutritional and supplement ideas I highly recommend the Book: *The Mood Cure* — by Julia Ross**

(from Wikipedia)

