LEARN HOW TO NATURALLY INCREASE YOUR DOPAMINE

Let’s take a closer look at dopamine — what it does, the symptoms of deficiency, and how to increase it naturally.

What Does Dopamine Do?

Dopamine has been called our “motivation molecule.”

It boosts our drive, focus, and concentration.

It enables us to plan ahead and resist impulses so we can achieve our goals.

It gives us that “I did it!” lift when we accomplish what we set out to do.

It makes us competitive and provides the thrill of the chase in all aspects of life — business, sports and love.

Dopamine is in charge of our pleasure-reward system. (1)

It allows us to have feelings of enjoyment, bliss, and even euphoria.

But too little dopamine can leave you unfocused, unmotivated, lethargic, and even depressed.

Dopamine Deficiency Symptoms

People low in dopamine lack a zest for life.

They exhibit low energy and motivation, and often rely on caffeine, sugar, or other stimulants to get through the day.

✓ Dopamine Boosting Supplements

Many common symptoms of dopamine deficiency are similar to those of depression:
• lack of motivation
• fatigue
• apathy
• procrastination
• inability to feel pleasure
• low libido
• sleep problems
• mood swings
• hopelessness
• memory loss
• inability to concentrate

Dopamine-deficient lab mice become so apathetic and lethargic they lack motivation to eat and starve to death. (2)

Conversely, some people who are low in dopamine compensate with self-destructive behaviors to get their dopamine boost.

This can include use and abuse of caffeine, alcohol, sugar, drugs, shopping, sex, video games, online porn, power, gambling, or excessive internet use.

**How To Increase Dopamine Naturally**

There are plenty of unhealthy ways to raise dopamine.

But you don’t have to resort to “sex, drugs, and rock ‘n’ roll” to boost your dopamine levels.

Here are some healthy, proven ways to increase dopamine levels naturally.

**Dopamine Boosting Foods**
Dopamine is made from the amino acid tyrosine.

Eating a diet high in tyrosine will ensure you’ve got the basic building blocks needed for dopamine production.

Here’s a list of foods, drinks, and spices known to increase dopamine: (3, 4, 5, 6)

- all animal products
- almonds
- apples
- avocado
- bananas
- beets
- chocolate
- coffee
- fava beans
- green leafy vegetables
- green tea
- lima beans
- oatmeal
- sea vegetables
- sesame and pumpkin seeds
- turmeric
- watermelon
- wheat germ
Foods high in natural probiotics such as yogurt, kefir, and raw sauerkraut can also increase natural dopamine production.

Oddly, the health of your intestinal flora impacts your production of neurotransmitters.

✓ **Probiotic Supplements**

An overabundance of bad bacteria leaves toxic byproducts called lipopolysaccharides which lower levels of dopamine. (7)

Sugar has been found to boost dopamine but this is a temporary, unhealthy boost that is more drug-like than food-like. (8)

**Dopamine Supplements**

There are supplements that can raise dopamine levels naturally.

Curcumin is the main active ingredient in the spice turmeric.

It’s available in an isolated form as a supplement.

✓ **Turmeric + Curcumin Supplements**

It readily crosses the blood-brain barrier and can boost levels of dopamine. (9, 10, 11)

Curcumin has been found to be as effective for treating depression as the popular antidepressant Prozac. (12)

Look for a curcumin supplement that contains piperine — a compound found in black pepper that increases curcumin absorption by a remarkable 2,000%. (13)

Ginkgo biloba is traditionally used for a variety of brain-related problems — poor concentration, memory problems, headaches, fatigue, mental confusion, depression, and anxiety. (14)

One of the mechanisms by which ginkgo works is by raising dopamine along with acetylcholine — the neurotransmitter of memory and learning. (15, 16)
L-theanine is a component found in green tea.

It increases levels of dopamine along with two other feel-good neurotransmitters, serotonin and GABA. (17)

✓ **Green Tea**

L-theanine improves recall, learning, and positive mood. (18)

You can get a dopamine boost by either taking theanine supplements or by drinking three cups of green tea per day. (19)

L-tyrosine, the precursor to dopamine, is available as a supplement.

A better choice is acetyl-l-tyrosine, a more bio available form that readily crosses the blood-brain barrier. (20)

✓ **Dopamine Boosting Supplements**

Phosphatidylserine acts as your brain’s “gatekeeper,” regulating nutrients and waste in and out of your brain.

It can increase dopamine levels and improve memory, concentration, learning, and symptoms of ADHD. (21, 22, 23)