

# Integration Course Monday Class 4 Summary

## Introduction to Neurotransmitters

Neurotransmitters are chemicals in the brain that activate centers of communication, as well as centers for thinking, memory, and processing. This protocol is based on the work of Sheldon Deal, who discovered that practitioners can detect neurotransmitter imbalances through muscle testing.

Neurotransmitter balancing is considered a high priority because these chemicals are fundamental to brain function and overall well-being.

## The Four Primary Neurotransmitters

### Excitatory Neurotransmitters (Peak in the Morning)

#### 1. Dopamine

- Associated with the frontal lobe of the brain
- Helps with focus and achievement
- Dominant in high achievers, competitive individuals
- Deficiency linked to ADD/ADHD in both children and adults

#### 2. Acetylcholine

- Associated with the parietal lobe of the brain
- Connected to learning, words, and communication
- Dominant in charming, cheerful people who love learning
- Often seen in educators and students

### Inhibitory Neurotransmitters (Peak in the Evening)

#### 3. GABA (Gamma-Aminobutyric Acid)

- Associated with the temporal lobe of the brain
- Linked to caregiving and organization
- Dominant in healers and caretakers
- Approximately half the population is GABA-dominant
- Deficiency can cause insomnia

#### 4. Serotonin

- Associated with the occipital lobe of the brain
- Connected to fun, spontaneity, and creativity
- Dominant in fun-loving, spontaneous individuals
- Deficiency causes ruminating thoughts and sleep issues

"You want those high in the morning, they're Dopamine and acetylcholine, they help you focus, they help your memory, your processing."

"The two inhibitories are serotonin and GABA. You want those high at night. People with deficiencies in those will have insomnia because they can't switch the brain off."

## Understanding Dominance vs. Deficiency

A key principle is that a person can be dominant in one neurotransmitter and be deficient in it.

"You can be dominant in one and not deficient in it. So they're totally different. But a lot of times, people actually get depleted of the neurotransmitter they're dominant in.

All individuals have all four neurotransmitters functioning at different levels. The goal is to achieve balance rather than rely solely on a single dominant type.

## Testing Methods

### Method 1: Using a Ceramic Magnet

#### Materials Needed:

- Small ceramic magnet (available at hardware stores or office supply stores)
- The negative/north pole side weakens muscles
- The positive/south pole side strengthens muscles

#### Testing Procedure:

1. Point the magnet straight into each brain region:
  - **Forehead (frontal lobe)** = Dopamine
  - **Top of head (parietal lobe)** = Acetylcholine
  - **Side of head (temporal lobe)** = GABA
  - **Back of head (occipital lobe)** = Serotonin
2. Test the muscle with the magnet pointing straight in
  - If the muscle goes weak = there is an imbalance in that neurotransmitter
3. To determine if it's a deficiency or excess:
  - Put the weak magnet test in circuit
  - Touch the corresponding acupressure points
  - If the muscle goes from weak to strong with the yang point or CV 24 = deficiency
  - If the muscle remains weak with the yang point but strengthens with yin point or GV 27 = excess

### Method 2: Acupressure Point Testing (No Magnet Required)

**Intention Setting:** Before testing, intend that you are testing for neurotransmitter deficiencies.

#### Deficiency Points (Yang Meridians):

- **CV24 (Conception Vessel 24)** = Dopamine deficiency
- **Gallbladder 1** = Acetylcholine deficiency
- **Large Intestine 20** = GABA deficiency
- **Bladder 1** = Serotonin deficiency

### **Excess Points (Yin Meridians):**

- **GV27 (Governing Vessel 27)** = Dopamine excess
- **Liver 14** = Acetylcholine excess
- **Lung 1** = GABA excess
- **Kidney 27** = Serotonin excess

"The beginning and end of the yin meridians are excesses. In this case, the matching element and the face points that are yang meridians are going to be a deficiency."

### **Testing Protocol:**

1. Touch each deficiency point while muscle testing
2. A strong muscle that goes weak indicates a deficiency
3. If all points test strong, retest while the person thinks of:
  - A specific goal or outcome
  - A problem situation (back pain, insomnia, etc.)
  - A competitive event or challenge

## **The Complete Balance Protocol**

### **Step 1: Identify the Imbalance**

Test all four neurotransmitter points to identify which one(s) are out of balance.

### **Step 2: Determine Required Corrections**

With a weak muscle in circuit, test for which corrections are needed:

#### **Testing Categories:**

- Lifestyle factors
- Nutrition (diet additions or deletions)
- Supplement additions
- Emotional clearing
- Video technique
- Neurotransmitter affirmation technique
- Acupressure tapping

The muscle will strengthen when you state the correction that is needed.

### **Step 3: Identify Specific Foods**

Refer to the food list for the specific neurotransmitter and muscle test individual items.

### **Step 4: Identify Supplements**

Test the supplement list for the specific neurotransmitter to determine which ones the person needs.

## **Step 5: Emotional Stress Release (If Needed)**

1. Identify the emotional issue that needs clearing
2. Test for the beginning and end points related to the emotional stress
3. Use those points for tapping while addressing the emotional component

## **Step 6: Acupressure Tapping**

**Final Correction:** Tap the point that tested weak (the deficiency point) at the end of the balance.

### **Home Program:**

- Tap the deficiency point before bed (up to 100 times)
- Repeat affirmations 10 times before bed for four weeks
- Continue tapping if waking during the night

"I tap them up to 100 times. And I slow down as I get to the end for everybody."

## **Foods and Supplements by Neurotransmitter**

### **For Serotonin Support**

#### **Foods:**

- Avocado
- Chicken
- Eggs
- Cottage cheese
- Turkey
- Cheese
- Dark chocolate (high quality)
- Duck
- Ricotta cheese
- Granola
- Raw milk
- Yogurt
- Pork
- Wheat germ
- Wild game

#### **Supplements:**

- Fish oils
- Tryptophan
- 5-HTP (especially helpful for sleep)
- Zinc
- Calcium
- Magnesium (good for tight muscles and sleep)
- Melatonin
- B6
- SAMe
- Glutathione (master antioxidant)
- St. John's Wort
- Passion flower

"5-HTP is good. A lot of people find that helps them get to sleep, too."

"Magnesium is particularly good for tight muscles as well as falling asleep. That's a good thing to take before you go to bed."

## **For Dopamine Support**

### **Exercise:**

- Anaerobic exercise (strength training, weight lifting)
- Muscle building activities

### **Lifestyle:**

- Setting achievable goals
- Goal pursuit and achievement
- Physical strength training

"What helps your dopamine raise is setting goals, achievable goals that you then pursue."

"Dopamine loves weight training and strength, and they find as we age, our bones are much stronger if we're doing weight training."

## **For GABA Support**

**Foods:** Test using the Large Intestine 20-point

### **Lifestyle:**

- Organization
- Caregiving activities (balanced with self-care)
- Task completion

## **For Acetylcholine Support**

**Foods:** Test using the Gallbladder 1 point

### **Lifestyle:**

- Learning new things
- Reading and word-based activities
- Communication and social connection

## **General Support for All Neurotransmitters**

### **Exercise:**

- Aerobic exercise supports all neurotransmitters except dopamine
- Prayer, meditation, yoga, and chanting

### **Diet:**

- Avoid PCBs and pesticides
- Eat organic foods when possible

## **Important Warning About Caffeine:**

"When you drink caffeine, it stimulates your dopamine, but it makes every other neurotransmitter get depleted. Especially late in the day when you want your serotonin and your GABA high. Don't drink coffee after noon."

Recommended caffeine intake: 4-5 ounces, 3 times per week, organic coffee only.

## **The Neurotransmitter Affirmation Technique**

### **When to Use**

This technique is indicated when muscle testing shows the affirmation correction is needed. It addresses emotional imbalances associated with neurotransmitter excess.

### **Emotions Associated with Each Excess**

- **High GABA (Lung 1):** Anger and hate
- **High Dopamine:** Craving and desire (can lead to high libido, addictive behaviors)
- **High Serotonin (Kidney 27):** Fear and anxiety
- **High Acetylcholine (Liver 14):** Corresponding emotions

"A lot of particularly criminals with high dopamine are sex offenders because when you have high dopamine, you have a high libido."

### **Affirmation Protocol Steps**

**Step 1: Identify the Emotion.** Determine which emotion needs to be released based on the excess neurotransmitter.

**Step 2: Create the Affirmation** "I completely release my unconscious emotions of [specific emotion] now and forever."

#### **Step 3: Temporal Tapping**

- Say the affirmation 5 times with eyes open
- Say the affirmation 5 times with eyes closed
- Rotate clockwise and counterclockwise to scan through the nervous system

#### **Step 4: Integration**

- Bring your hands out in front
- Cross thumbs and fingers with opposite hands touching
- This integrates the right and left hemispheres of the brain
- Eyes closed, feel all parts releasing these emotions

**Step 5: Home Program** Repeat the affirmation 10 times before bed for four weeks.

"This is a really powerful correction. Many times, things that happen early in life set them up for low serotonin, where they felt shameful and humiliated many times as a child, or guilt and blame, despair, and apathy."

## **Understanding Neurotransmitter Personalities**

### **Dopamine Dominant Traits**

- Results-oriented
- Direct communication style
- Not overly concerned with feelings
- High achievers
- Competitive (may enjoy stock market, racing, sports)
- Can appear gruff or crass

"They're not so concerned about your feelings. They just want results and they're sometimes gruff. I think of Donald Trump is probably being a quintessential dopamine."

### **Acetylcholine Dominant Traits**

- Charming and cheerful
- Excellent with words
- Love learning
- Natural cheerleaders
- Often attracted to educational settings

"Acetylcholine dominance, they're charming people. They're just your best cheerleaders."

### **GABA Dominant Traits**

- Love taking care of people
- Often healers and caregivers
- Value organization and order
- Task-oriented
- Can neglect own needs while caring for others
- Comprise about half the population

"GABA dominants love taking care of people. So a lot of the healers are GABA dominant."

"Sometimes the GABA dominance then don't get their own needs met."

### **Serotonin Dominant Traits**

- Fun-loving and spontaneous
- Creative
- Live in the moment
- Struggle with advanced planning
- Natural entertainers
- Actors and athletes often fit this profile

"Serotonin types are fun-loving. And if you have a serotonin friend, they're so great to have over. Let's go party. Let's have fun."

"Serotonin types love to be spontaneous in the moment. They can't plan things too far ahead often."

## **Important Concepts About Balance**

### **The Edge Effect**

The term comes from Dr. Eric Braverman's book "The Edge Effect." When all neurotransmitters are working, processing, and in balance, you are "in the zone."

"When you have the edge, when all your neurotransmitters are working and processing and balanced, you are in the zone."

### **Avoiding Burnout**

People can become depleted in their dominant neurotransmitter through overuse or stress, leading to burnout.

### **Understanding Others**

Recognizing neurotransmitter dominance patterns helps in understanding and accepting others rather than trying to change them.

"One thing I really find so helpful is making people feel good about themselves and just letting them be themselves. Not thinking, well, you should be different. You should be how I want you to be."

"Just appreciate people for who they are and don't think or expect them to be different than their nature."

### **Addiction and Neurotransmitters**

Almost all addicts are deficient in dopamine and use their substance or behavior to try to raise their dopamine levels:

- Cocaine
- Heroin
- Gambling
- Sex addiction
- Sugar addiction
- Caffeine addiction

"Almost all addicts are deficient in dopamine, and they're using their substance to try and raise their dopamine."

## **The Importance of Simple Daily Disciplines**

The instructor recommends the book "The Slight Edge," which emphasizes that success comes from simple daily disciplines.

"The key to success is simple daily disciplines like jumping on your trampoline every day for five minutes. And it's easy to do, but it's easy not to do."

### **Benefits of Exercise:**

- People who exercise regularly live seven years longer than those who don't
- Strengthens bones as we age
- Balances neurotransmitters

### **Meditation Benefits:**

- Approximately 500 genetic expressions for health are stimulated by meditation
- Key to living a long, healthy life
- Should be scheduled daily

## **Clinical Application Tips**

### **Working with Clients**

1. Have clients fill out the neurotransmitter dominance questionnaire
2. Use the questionnaire to understand their patterns better
3. Apply the testing protocol to identify specific imbalances
4. Create a comprehensive home program including:
  - Specific foods to add
  - Supplements to take
  - Exercise recommendations
  - Affirmations if needed
  - Tapping protocols

### **Session Length**

The complete neurotransmitter balance typically takes 10-15 minutes and can be incorporated into longer sessions or used as a standalone protocol.

### **Alternative to Pharmaceutical Interventions**

This approach provides a natural alternative to SSRI drugs and other medications.

"One out of five women are on an SSRI drug, and a lot of men are too. And the problem with those is they can cause a lot of side effects."

The protocol does not suggest people stop medications but helps support natural neurotransmitter production through lifestyle, diet, and affirmations.

# Final Principle: Creating a Balanced Lifestyle

The ultimate goal is to create a lifestyle that balances all neurotransmitters:

- Time for fun and relaxation (serotonin, GABA)
- Time for achievement and goal pursuit (dopamine)
- Time for learning and communication (acetylcholine)
- Proper nutrition and supplementation
- Regular exercise
- Meditation and spiritual practice

"Create your lifestyle in balance so all your neurotransmitters are equally pleased that you have time for fun, relaxation, meditation, prayer, whatever it is that gets your GABA and serotonin balance, but also have excitement, striving for goals that you have passion for that gets your dopamine, your acetylcholine up."

"By having a lifestyle that balances that along with the proper foods, you live a longer life, and you have the edge where you just feel great all the time."

## Key Takeaways

1. Everyone has all four neurotransmitters in different proportions
2. Balance is more important than dominance
3. You can be dominant in a neurotransmitter and deficient in it at the same time
4. Testing can be done with magnets or through acupuncture points
5. Treatment includes diet, supplements, exercise, emotional clearing, and tapping
6. Understanding neurotransmitter patterns helps in relationships and self-awareness
7. Natural approaches can support or replace pharmaceutical interventions
8. Simple daily disciplines create lasting change
9. The goal is "the edge" - all neurotransmitters working in balance

*This guide is based on training materials incorporating work from Sheldon Deal and Dr. Eric Braverman's "The Edge Effect."*