

Integration Thursday Class 4 Summary on Neurotransmitters

Opening Energizer Exercises

Routine to activate the brain:

- Hold the umbilicus (belly button) while rubbing the Kidney 27s to switch on the left and right brain
- Ear unrolling for auditory processing
- Figure eights with eyes to engage both hemispheres
- Cross crawl - hitting the opposite knee to activate motor and sensory fibers
- Rub neurolymphatics for the brain and focus
- Touch your forehead lightly while breathing deeply and visualizing success

The Four Primary Neurotransmitter Types

Dopamine Dominance

- **Characteristics:** Action-oriented, results-driven, high achievers
- **Risk:** Burnout from a constant "go, go, go" mentality
- **Function:** Focus, excitement, energy, motivation, libido
- **Connection:** Related to burnout, testosterone and thyroid function
- **Lifestyle tip:** Set goals to raise dopamine naturally

Key Quote: "If you're not dopamine driven, you just, I'll do it tomorrow, we'll do it later."

GABA Dominance

- **Characteristics:** People pleasers, helpers, servers
- **Risk:** Give until depleted - "I have nothing for myself"
- **Function:** Relaxation, organization, stability
- **Trait:** Love organization and structure

Acetylcholine Dominance

- **Characteristics:** Love learning, great with words, excellent cheerleaders
- **Function:** Memory, creativity, learning
- **Trait:** Fun-loving, romantic, enthusiastic supporters

Serotonin Dominance

- **Characteristics:** Fun and playful, spontaneous
- **Function:** Happiness, contentment, serenity, rest
- **Trait:** "Girls Just Want to Have Fun" mentality - go with the flow

Key Relationship Principle: "Don't try to make the person different. Enjoy how they are and appreciate how they are. Accepting how they are is so key to having a good relationship."

Neurotransmitter Timing

Important Pattern:

- **Morning:** Dopamine and Acetylcholine (excitatory - switch brain ON)
- **Evening:** GABA and Serotonin (inhibitory - switch brain OFF)

Coffee/Caffeine Rule: Don't consume after 12 noon (never after 3 pm) as it lowers GABA and serotonin when you need them elevated.

Testing for Neurotransmitter Dominance

Method 1: Questionnaire

Take the neurotransmitter dominance questionnaire and score each category.

Method 2: Muscle Testing Cranial Points

Testing Protocol:

1. Establish a strong indicator muscle (arm test)
2. Intend that the muscle will go weak when touching the dominant neurotransmitter location
3. Test each cranial location:
 - **Frontal bone (forehead):** Dopamine
 - **Parietal bone:** Acetylcholine
 - **Temporal bone:** GABA
 - **Occiput (back of head):** Serotonin
4. Weakness indicates dominance

Important Finding: "Often our dominant hemisphere is where we'll switch off" - people are frequently deficient in their dominant neurotransmitter.

Testing for Neurotransmitter Imbalances

Deficiency Points (Face)

- **Bladder 1:** Serotonin deficiency
- **Gallbladder 1:** Acetylcholine deficiency
- **Large Intestine 20:** GABA deficiency
- **CV24 (dimple under lower lip):** Dopamine deficiency

Excess Points (Torso)

- **Governing vessel:** Dopamine excess
- **Kidney 27:** Serotonin excess
- **Lung 1:** GABA excess
- **Liver 14:** Acetylcholine excess

Using the Magnet Test

Procedure:

1. Test cranial points with a magnet to find an imbalance
2. If a muscle switches off, you've found an imbalance
3. Touch the corresponding acupressure point:
 - If it goes strong → confirms deficiency
 - If it stays weak → test excess point
4. This confirms whether the imbalance is excess or deficiency

Complete Correction Protocol

Step 1: Put Weak Muscle in Circuit

- Have the client step out 18 inches with one leg when the muscle goes weak
- This creates a weak muscle to test against
- "I always like having a weak muscle that I'm testing and putting that in the circuit if needed."

Step 2: Test Correction Categories

Test each category to see what makes the weak muscle go strong:

Lifestyle Factors

- Exercise (aerobic: cycling, swimming, brisk walking)
- Meditation/relaxation/prayer
- Play and recreation
- Social connections
- Allow others to take care of you (for GABA)
- Avoid lead and toxic chemicals

Nutrition

Test in two categories:

A. Diet Addition (foods to add) Examples from the form:

- GABA: Almonds, bananas, beef liver, brown rice, oats, broccoli, halibut, lentils, spinach, whole grains, walnuts
- Check individual foods against a weak muscle

B. Diet Deletion (foods to remove)

- Test the foods the person currently eats
- Common culprits: Coffee (depletes GABA), processed foods

Supplements

Test specific supplements:

- **GABA:** GABA (gamma-aminobutyric acid), Inositol, B-complex, Glutamine, Valerian root, Passion flower
- **Serotonin:** 5-HTP, Melatonin
- **Dopamine:** Tyrosine (take first thing in the morning)
- **Acetylcholine:** Choline, B vitamins

Priority Testing:

- Hold the supplement near the body
- Test how far from the body it remains strong
- Compare multiple supplements
- Use priority mode: "hold the priority mode while I'm holding the supplement, and it changes to switched off...that means that's a priority."

Psychological Clearing

Test if emotional stress release or affirmation technique is needed.

Acupressure Tapping

Tap the specific deficiency point that tested weak.

Step 3: Determine Home Program

For Exercise:

- Test frequency: once, twice, three times per day
- Test duration: "More than 12 minutes? More than 15 minutes?"
- Example: "18 minutes on the bike, 12 minutes in the pool"

For Supplements:

- Test dosage: "More than two a day? More than three?"
- Test timing: Before bed, morning, etc.
- Example: "3 GABA capsules before bed"

Neurotransmitter Affirmation Technique

Procedure

1. Tap fingertips back and forth over the temporal-sphenoidal line (about 1 inch above the ears)
2. Repeat affirmation 5 times with eyes open (look around)
3. Repeat affirmation 5 times with eyes closed

Affirmations by Imbalance

Deficiencies:

- **Low GABA:** "I completely release my unconscious emotions of despair and apathy now and forever."
- **Low Acetylcholine:** "I completely release my unconscious emotions of guilt and blame now and forever."
- **Low Dopamine:** "I completely release my unconscious emotions of grief and regret now and forever."
- **Low Serotonin:** "I completely release my unconscious emotions of shame and humiliation now and forever."

Excesses:

- **High Serotonin:** "I completely release my unconscious emotions of fear and apathy now and forever."
- **High Dopamine:** "I completely release my unconscious emotions of craving and desire now and forever."
- **High GABA:** "I completely release my unconscious emotions of anger and hate now and forever."
- **High Acetylcholine:** "I completely release my unconscious emotions of pride and scorn now and forever."

Heavy Metal Testing

Quick Screen Procedure

1. Get a strong indicator muscle
2. Cross the midline while testing
3. If the muscle goes weak → indicates heavy metals are probably present

Put in Circuit:

1. Keep feet crossed at the midline
2. Test supplements:
 - Chlorella
 - Homeopathic metal remedies
 - Methionine
3. Use priority testing to determine the best remedy

Important Note: People with heavy metals often have difficulty crossing the midline physically - coordination issues, learning problems.

Common Sources

- Fish (especially swordfish, tuna)
- Hair dyes (cadmium)
- Personal care products (especially women's cosmetics)
- Dental amalgams

Supporting Supplement: Cilantro is excellent for heavy metal detoxification

Medications and Supplements

Working with Clients on Medications

Key Principles:

1. "Check with your doctor" - always recommend the client consult a physician
2. Check for contraindications with current medications
3. Test medication with supplements to ensure compatibility

Important Quote: "You could have them holding the medication...then put a supplement with it and see if they test straight strong."

Laser Technique for Medications

- Use a red-orange laser pointer (635 nanometers)
- Laser the medication to blend with the person's energy
- Can reduce side effects
- "If you use a laser, it blends the medication with their body so that they can tolerate it better."
- Also works with food.

Safety Note: "Don't put, say, a supplement or prescription on, say, oh, see, this makes you go weak. That's not good for you." Instead, find what balances it.

Key Clinical Insights

Dopamine Connections

- **Low dopamine symptoms:** Lack of motivation, depression, addictive behaviors
- **High dopamine risks:** Sexual addiction, aggressive behavior
- "Dopamine and serotonin are like a teeter-totter" - raising serotonin calms excess dopamine
- Loss (loved ones, pets, finances) drops dopamine - "you're just down in the dumps."

GABA Sleep Connection

"If you have a GABA deficiency, you'll tend not to fall asleep well or sleep through the night."

Dominance vs. Deficiency

Important Observation: When people are deficient in their dominant neurotransmitter:

- "They say I just don't feel like myself."
- They can't express their natural tendencies.
- Example: GABA dominant who can't give anymore, acetylcholine dominant who can't enjoy learning

SSRI Drugs Warning

Common SSRIs: Paxil, Prozac, Zoloft, Lexapro, Cymbalta

- "On the box, it warns that they may cause suicidal tendencies and thoughts."
- Particularly dangerous for teens
- Never recommend stopping medication abruptly
- "Often they have to be weaned off slowly, especially if they've been on them for a long time."

Social Connection and Health

Longevity Research Finding: "Social contact is one of the most important things for longevity...people like it's the new smoking is loneliness and people isolating themselves. It's really bad for your health."

Six Human Needs: Love and connection is essential (reference: psychological course)

Integration Philosophy

Key Teaching Principle: "What I really liked is...let the person guide what we do, the muscle testing. That's their own bio-individuality rather than, 'Well, I think you need this. Maybe you need that.'"

The body knows what it needs - use muscle testing to reveal priorities rather than imposing protocols.