



Hi all

Well it's that time of the year when we set goals, goals that we often don't achieve. This then sends us down the path of feeling like we have failed.

When setting goals make sure you frame them in a positive way. Rather than "I need to loose 10kg" - which may mean you associate them with feelings of deprivation, frame your goal positively and think about how you will feel "I am going to feel well and have more energy. I will look so attractive and will feel beautiful". - Tell your brain where you are heading. Focus on how good it will feel not how hard it will be.

In this newsletter:

- Are your dopamine levels low? This could be why you lack motivation
- Check out how much sugar this Irish family are having
- Could you have a common condition called Pyroluria?

- Summer is a great time of the year to get outside and exercise and increase your sense of well-being. Enjoy this beautiful weather. Jenny



Low dopamine levels can lead to lack of motivation, fatigue, addictive behavior, mood swings and memory loss. Dopamine is a chemical called a neurotransmitter that is very important in keeping us motivated. It helps us concentrate and keep focused, plan ahead and resist impulses so we can achieve our goals. It also gives us that sense of pleasure when we achieve our goals.

Dopamine is in charge of our pleasure-reward system. It allows us to feel joy, bliss, and even euphoria. But too little dopamine can leave you unfocused, unmotivated, lethargic and even depressed. Some people who are low in dopamine compensate with self-destructive behaviors to get their dopamine boost. This can include the abuse of caffeine, alcohol, sugar, drugs, shopping, sex, gambling, or

even excessive internet use.

HOW TO INCREASE YOUR DOPAMINE NATURALLY

Eating a diet high in the amino acid tyrosine will ensure you've got the basic building blocks needed to produce dopamine. Foods that increase dopamine include meat, eggs, dairy, almonds, apples, avocado and green leafy vegetables.

The health of your intestinal flora also impacts your production of dopamine. Bad bacteria create toxic by products called lipopolysaccharides which lower levels of dopamine. Foods high in good bacteria such as yogurt, kefir and raw sauerkraut can increase dopamine levels.

Exercise has also been shown to increase your level of dopamine production.

So to increase the chances of achieving your goals by ensuring you have good levels of dopamine make sure you exercise and eat the right foods.



Check out how much sugar this family are having and they don't even realise it.

This fascinating Irish documentary tells us what sugar is doing to our health
and why we now eat so much more sugar than people did 50 years ago.
What is going to happen to our health if we continue to eat copious amounts
of sugar?



Do you suffer from anxiety? Were you shy as a child? Are you prone to low iron or fatigue? Do you have trouble remembering your dreams?

If you currently have, or have experienced these symptoms in the past **you could have a condition known as Pyroluria**. Pyroluria is estimated to affect 10% of the population. Symptoms of Pyroluria are low moods, being sensitive to criticism, white spots on your finger nails, food allergies, being sensitive to light, sound or smells, difficulty concentrating, hypoglycaemic/sugar intolerance or a tendency to constipate.

Pyroluria, also known as Mauve disorder or Kryptopyroles, is a chemical imbalance involving an abnormality in the haemoglobin synthesis. Haemoglobin is a protein in the blood that holds iron in the red blood cells. Pyroluria can be acquired genetically or developed due to environmental factors or stress.

Pyroluria disorder is caused by the overproduction of hydroxyhempyrolin (HPL), a chemical that binds to zinc and vitamin B6. When the HPL binds to these nutrients it prevents the zinc and the vitamin B6 being used in the body and is instead excreted via urine and hair.

Zinc is needed in the body for healing, immune function, digestion, physical growth, controlling blood sugar, DNA replication and much more. Vitamin B6 is needed to make neurotransmitters in the body such as serotonin which is our happy hormone as well as for melatonin (our sleep hormone), gaba (our relaxation hormone) and acetyl choline for memory.

Treatment to correct the nutrient deficiencies may seem simple, but symptoms need to be monitored; as when people start to take these nutrients they may feel terrible as heavy metals and other toxins are released from the body. These nutrients need to be gradually introduced. Nutrients other than vitamin B6 and zinc are also commonly low in Pyroluria.

Pyroluria can be diagnosed by a simple urine test which analyses the level of HPL. A specific treatment plan can then be developed to correct your nutrient deficiencies to help you to regain your health.

To find out more about whether you may have Pyroluria, or to discuss another health concern please contact The Naturopathic Clinic for a free half hour consultation on 022 017 6033.



Avocado & herb dip

INGREDIENTS

2 ripe avocados

1/2 tsp. salt

1 Tbsp. of fresh lime juice or lemon juice

3 Tbsps. of finely chopped red onion or thinly sliced green onion

2-4 Tbsps. coriander, basil or chives finely chopped

Freshly grated black pepper

1/2 ripe tomato, seeds and pulp removed, chopped

INSTRUCTIONS

1. Cut the avocados in half. Remove the stone. Scoop out avocado from the peel and put in a mixing bowl.
2. Using a fork, roughly mash the avocado (leave it a little chunky if you like). Add the salt and lime or lemon juice. The acid in the lime juice will help delay the avocados from turning brown. Add the chopped onion, herbs, and black pepper.
3. Place glad wrap on the surface of the dip to cover it and to prevent air reaching it.

(The oxygen in the air causes oxidation which will turn the avocado brown.)

Refrigerate until ready to serve.

4. Add chopped tomato to your dip just before serving to maintain their flavour.
5. Serve with carrot sticks or other vegetable sticks



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To contact The Naturopathic Clinic please call us on 022 017 6033.