The brain is run through an electrical circuitry that depends upon key neurotransmitters. Dopamine is associated with the “pleasure system” of the brain and allows us to feel enjoyment and a sense of reward in order to motivate performance. It also helps with focus and attention and the ability to feel pleasure. There are key lifestyle strategies and superfoods that help enhance our dopaminergic system. In this article, you will discover 6 great foods that increase dopamine levels.

Individuals with low dopamine levels often experience hopelessness, worthlessness and an inability to handle stress. They often isolate themselves from others and they have self-destructive thoughts and behaviors. Being easily distracted and unable to focus and having a hard time finishing tasks can also be a sign of early dopamine deficiencies. (1)
Major Symptoms of Dopamine Deficiency

- Lack of drive, motivation and enthusiasm
- Trouble waking up in the morning
- Depressed, bored or apathetic
- Cold hands or feet
- Impulsiveness
- Low sex drive
- Mental and physical fatigue regardless of how well you slept
- Struggling to finish projects or tasks
- Lack of focus and concentration (ADHD)
- Restless Leg Syndrome
- Sugar and Carbohydrate Cravings
- Parkinsonian tremor
Lifestyle Behaviors that Drain Dopamine:

Dopamine is involved with modulating mood, attention and ability to learn. It is known as the pleasure system of the brain which is evidenced in animal studies where animals will choose dopamine over food and water until their death.

We see this same behavior in humans who are addicted to drugs, gambling, alcohol, sex, food, extreme sports, etc (2). All of us get surges of dopamine from different activities that give us pleasure.

The most common lifestyle factors that alter dopamine signaling include poor blood sugar balance, alcohol or drug abuse, poor gut function, adrenal fatigue and brain inflammation. These things must be addressed for optimal brain function.
Anti-Inflammatory Nutrition Plan:

If you feel that you have signs and signals of low dopamine be sure to follow an anti-inflammatory nutrition plan with high quality supplements targeted at improving gut function and reducing oxidative stress levels in the body.

**Key nutrients our body needs to produce adequate dopamine levels include D,L phenylalanine, beta-phenylethylamine (PEA) and N-acetyl L-tyrosine, vitamin B6, folate, selenium, glutathione, zinc and magnesium.** Here are some of the richest food sources of the following:

### Raw Chocolate:

Also called cacao this superfood is loaded with dopamine boosting nutrients. It is one of the best sources of PEA’s which are natural compounds that cross over the blood brain barrier and stimulate and modulate the release of dopamine in the brain. Cacao is also very rich in magnesium and zinc and chromium which help to balance and stabilize blood sugar. Cacao also helps to boost serotonin and contains endorphin Anandamide which is considered the “bliss chemical.” This combination of ingredients makes raw chocolate the best mood boosting superfood. Be careful not to overdo the chocolate though as the body may develop a sensitivity to some of the compounds in the chocolate and create adrenal stress.
DARK CHOCOLATE

Regulates Blood Sugar
Heart Food
Rich in Antioxidants
Brain Food

PROVIDES...

26 Fe
55.845
Flavanols
Iron

29 Cu
63.546
Copper

25 Mn
54.938
Manganese

Dietary Fiber
Protein
Calcium
20 Ca
40.076

WEIGHT LOSS
Recent findings from lead author Beatrice Golomb, M.D., Ph.D and her team found that eating dark chocolate frequently is linked to lower weight. Dark chocolate has significant metabolic effects.

Dark chocolate (at least 70% organic cocoa) is fast becoming a super food and is excellent for maintaining a healthy heart.

Dr. Williams Sears recommends: 2-3 squares of organic dark chocolate per day.

The main antioxidants in dark chocolate are flavanols. Flavanols lower the bad cholesterol (LDL) in the blood and reduces the formation of plaque in the arteries. Dark chocolate also improves blood flow & regulates blood sugar by helping your cells use the body’s insulin efficiently.

DRJOckers.com
SUPERCHARGE YOUR HEALTH
Blueberries:

Blueberries are rich in the flavonoid anti-oxidants anthocyanin which has been shown to protect some of the major regions in the brain that control dopamine secretions. A 2006 study published in Nutritional Neuroscience demonstrated that blueberry extract prevented oxidative stress associated stress to the Substantia Nigra and Striatum regions of the brain (3).

This is particularly important for Parkinson’s disease prevention but also for general improvement in motor coordination and dopamine signaling patterns. Add some organic blueberries to your shakes and smoothies.

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**BLUEBERRIES FIGHT HEART DISEASE & OBESITY**

**Health Benefits of Blueberries**

- ✔ Slows down vision loss
- ✔ Breakdown belly fat
- ✔ Preserves bone health
- ✔ Relieves constipation
- ✔ Improves memory
- ✔ Reduces risk of heart attack
- ✔ Induces cancer cell death (Apoptosis)
- ✔ Lowers blood sugar
- ✔ Prevents urinary tract infections

**HOWEVER SOME METHODS OF PROCESSING AFFECT THE HEALTH BENEFITS OF BLUEBERRIES, SUCH AS JUICING AND CANNING, THESE LOWER ANTIOXIDANT LEVELS BY 22 TO 81 PERCENT**
Healthy Nuts & Seeds:

Brazil nuts are extremely high in selenium which is a critical nutrient needed for healthy dopamine production. Almonds are high in tyrosine and pumpkin seeds are rich in B vitamins such as B6, folate and the trace mineral zinc which are all necessary for healthy dopamine levels.

Walnuts, chia and hemp seeds supply a perfect ratio of omega 3 fatty acids, antioxidants and gamma linoleic acid necessary for healthy hormones and neurotransmitters. Be sure to have the majority of your nut intake from soaked, steamed or sprouted nuts and seeds.

You can simply put these nuts/seeds into some clean water and let sit over-night and then drain, rinse and dry. This will wash away phytic acids, enzyme inhibitors and many of the lectins and other anti-nutrients that these nuts and seeds contain.

You can also stick them in your steamer with veggies you may be steaming such as brussel sprouts, broccoli, cauliflower, cabbage, etc. This removes many of the anti-nutrients and makes them softer and easier to consume and digest.

Raw, Grass-Fed Fermented Dairy:

Raw dairy from 100% grass-fed cows, goats and sheep is extraordinarily rich in omega 3 fatty acids, choline and CLA which all enhance hormone and neurotransmitter function. Additionally, the fermentation process produces enzymes and probiotics that improve gut function and reduce inflammatory stress in the body.
These enzymes and healthy microbes also enhance amino acid bioavailability making it easier for the body to synthesize the alanine, tyrosine and phenylalanine necessary for healthy dopamine production. Fermented raw dairy from grass-fed animals is also rich in glutathione precursors such as cysteine, glutamic acid and glycine. They are also very rich in L-glutamine which is critical for a healthy gut membrane.

Damage to the gut is one of the leading causes of neurological stress and reduced neurotransmitter activity. Unless the individual has a food sensitivity to dairy, using fermented raw dairy from 100% grass-fed animals is one of the best ways to enhance gut function, neurotransmitter activity and dopamine levels.

**Pasture Raised Animal Products:**

The best dopamine boosting animal products include wild-caught sockeye salmon, grass-fed beef, lamb, bison or buffalo, pasture-raised chicken, turkey and eggs. You can find a great selection of these healthy and tasty meat products at US Wellness Meats [here](#).

These foods are rich in essential fatty acids and anti-oxidants that are necessary for reducing inflammatory conditions in the brain and supporting healthy neuron and neurotransmitter connections. The more grass and sea vegetable or algae (in the case of fish) the animals consume the more nutrient dense they are.
Cruciferous Veggies and Aliums:

Cruciferous vegetables like kale, collards, brussel sprouts, chard, cabbage and cauliflower are extremely rich in sulfur compounds, B vitamins and other key anti-oxidants and trace minerals. The alium family which includes garlic, onions, chives + scallions are rich in anti-oxidants and sulfur compounds. Sulfur foods boost glutathione levels which are key for a healthy brain and optimal dopamine release (4).

Cruciferous veggies are best when they are juiced, steamed or fermented in order to break down anti-nutrients and enhance the bioavailability of the nutrients. You can juice kale, steam broccoli and fermented cabbage making a sauerkraut for optimal nutrition.
TOP SULFUR RICH FOODS

Human health can be adversely affected by exposure to radiation. This can come in the form of simple sunlight, x-ray exposure, to radiation fall-out. Tissue damage, whether resulting in a sunburn or in thyroid cancer is caused by “ionizing” radiation. Raising glutathione levels protects cells from damage by the most dangerous of free radicals released when ionizing radiation hits us. - Jimmy Gutman, MD

Kale  Cabbage  Cauliflower  Asparagus
Mustard Greens  Brussels Sprouts  Onions  Garlic
Tomatoes  Broccoli  Avocado  Bok Choy
Sweet Potatoes  Turnips & Greens  Watermelon  Nuts

Gluthathione:
The Master of All Antioxidants

It’s the most important molecule we need to stay healthy & to prevent disease. It’s the secret to prevent aging, cancer, heart disease, dementia & more, & necessary to treat everything born from autism to Alzheimer’s disease. The secret of its power is the SULFUR (SH) chemical groups it contains. Sulfur is a sticky, smelly molecule. It acts like fly paper & all the bad things in the body stick onto it, including free radicals & toxins like mercury & other heavy metals. Normally glutathione is recycled in the body — except when the toxic load becomes too great. This explains why we are in such health trouble & should consume more sulfur rich foods to support the body in healing & repair. - Mark Hyman, MD
Sources For This Article Include:


